Watch Your Kidneys!

That "bad back" is probably due to weak kidneys. It shows in a dull, throbbing backache or sharp twinges when stooping. You have headaches, too, dizzy spells, a tired, nervous feeling and irregular kidney action. Don't neglect it—there is danger of dropsy, gravel or Bright's disease! Use *Doan's Kidney Pills*. Thousands have saved themselves more serious ailments by the timely use of *Doan's*. *Ask your neighbor!*

A Michigan Case

J. J. Bonen, prop. of blacksmith shop, 117 W. E. St., Iron Mountain, Mich., says: "When I tried to bend over to shoe a horse, sharp pains would catch me in my back and when straightening up specks would float before my eyes. The secretions were highly colored and contained a sediment. On the advice of my druggist, I used Doan's Kidney Pills. They cured me and the cure has lasted."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

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

PALMER'S LOTION SOAP

CONTAINS THE WONDERFUL PALMER'S LOTION AND I USE IT.

ALL DRUGGISTS.

GUARANTEED BY SOLON PALMER NEW YORK

PALMERS LOTION

REMOVED ALL MY PIMPLES AND CLEARED MY COMPLEXION

PESKY BED-BUGS

P. D. Q.

P. D. Q. Kills Bed Bugs, Roaches Ants and Their Eggs As Well

A 35 cent package makes one quart, enough to kill a million, and contains a patent spout tee, to get them in the hard-to-get-at places. Your Druggist has it or can get it for you, or mailed prepaid on receipt of price by the O'Neil CHEMICAL WORKS, Terre Haute, Ind. Genuine P. D. Q. is never peddled.

A Resolution.

"See here," said Adam to Eve, "do you realize that the high cost of living is crimping me badly? You simply must be less extravagant in the matter of clothes."

"All right, dear," answered Eve, obligingly, "I'll help you to economize by turning over an old leaf."—American Legion Weekly.

ASPIRIN

Name "Bayer" on Genuine

say BAYER

Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

Class in Physiology.

Teacher—Where is the heart located.

Little Jimmy (silent).

Teacher (places hand on boy's chest)—Don't you feel the beating?

Little Jimmy—No; I usually feel it on the other side a little lower down.

The more people talk back the more the auctioneer likes it.

Sure Relief

BELL-ANS FOR INDIGESTION 25 CENTS

6 BELL-ANS Hot water Sure Relief

BELL-ANS FOR INDIGESTION

Cuticura Talcum

Exquisitely Fragrant

Always Healthful

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

The AMERICAN LEGION

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

POST GETS ARTISTIC RANGE

Chicago Organization Acquires Use of Famous World's Fair Field Museum Building.

The American Legion will soon have the use of a building known to millions in America as the embodiment of beauty in art and architecture, the old Fine Arts building of the 1893 World's Fair. The crack of army rifles will be heard in the famous structure, for it has been turned over to the Hyde Park post, No. 34, of the Legion in Chicago, as an indoor rifle range.

The large edifice, known as the old Field museum after the World's fair, was executed with the completion of the new Field museum. Various organizations of Chicago immediately besieged the park commissioners for permission to use the building but the Legion post's request alone was granted.

Legionaires now have a rifle range de luxe, one that will tend to erase the veteran's memories of sweltering days, shivering days and cold, moist days spent in trying to locate the bullseye on the army's outdoor firing points. The building is so large that a 200 yard range was established without difficulty, along with the shorter distances.

GETS MONEY FOR W. A. A. L.

Hungry Rooster Proves Gold Mine for Woman's Organization in Kansas.

How many grains of corn will a terribly hungry rooster eat after he has missed his meals for five hours? The Plymouth Rock in the photograph tucked away 283 grains in record time and made $328 for the Women's Auxiliary of the American Legion in Cimarron, Kan.

The bird was placed in a show window on the main street in the Kansas town. For five hours he scratched and crowed for provender, which was not forthcoming. Then 1,000 grains of tempting yellow corn were spread before him. Guesses as to how many grains of corn it would take to assuage his hunger were sold at ten cents each. In three hours Mr. Rock had gulped 283 kernels of Kansas corn and retired for the night. Then he was sold twice, given back to the women, and was finally auctioned off. In all, he netted $328, a fraction more than $1.15 for every grain of corn he ate.

Mrs. Lelah L. Klein, Cimmarron, Kan., and the Lucrative Rooster.

Mrs. Lelah L. Klein, national executive committeewoman from the Kansas department of the Auxiliary, handled the contest. One of the most active workers for the Auxiliary in her state, Mrs. Klein was educated in Wellesley college and in the New England Conservatory of Music. Her husband, who was a captain in the medical corps, was gassed in the Argonne-Meuse offensive.

THE AMERICAN LEGION GIRL

Miss Margaret Sousa, Daughter of Famous Bandmaster, Acquires New Title.

Miss Margaret Sousa, daughter of John Philip Sousa, famous band director, has acquired a new title. She is known as the "American Legion Girl" because of her starring in a Legion motion picture, "Lest We Forget," a film depicting the struggles of disabled veterans to obtain justice and unemployment conditions among those who escaped injury in the World war.

Reporting to Davy Jones.

Sam, on board the transport, had just been issued his first pair of hobnails.

"One thing, sush," he ruminated. "If Ah falls overboard, ah certainly will go down at 'tension."—American Legion Weekly.

Wrestler Kills Home Invader.

San Francisco.—Louis H. Ardouin of the Olympic club, who recently won the amateur heavyweight wrestling championship of the Pacific coast, killed with his bare hands a man he found rifling a bureau drawer in his home. The man later was identified as William E. Anderson. Ardouin told the police that after grappling with Anderson, who was unarmed, for five minutes, he applied a severe wrestling hold to detain him until Mrs. Ardouin could telephone for help.

CONDENSED CLASSICS

EAST LYNNE

By MRS. HENRY WOOD

Condensation by Mrs. Ruth H. Frost, Worcester, Mass.

Ellen Price was born in Worcester, England, Jan. 17, 1814, the daughter of a glove manufacturer. In 1836 she married Henry Wood, heir of a large shipping and banking firm, whose business kept them for some 20 years in France. Her husband died in 1866, but she lived till Feb. 10, 1887.

Her literary career began with a $100 prize compearance tale. She began making contributions to Bentley's Miscellany, and in 1867, after her husband's death, she became editor and proprietor of The Argosy, in which appeared her inter novels. Her first great success was "East Lynne," in 1861, the book by which she is known today. The vogue of the story was enormous; it was translated into several languages, and theatregoers of an older generation in both England and America knew various very successful versions of it. She wrote some forty long novels and many short tales, some of which ranked as "best sellers" long before the invention of that phrase. Her powers ranged from extreme melodrama to the portrayal of every-day life. Her stories are unduly prized in her day and is unduly appreciated now, but that is the way with best-sellers. "The Shadow of Ashlydyat" was her own favorite; her Johnny Ludlow tales are perhaps her most artistic work. "East Lynne," however, is the book her name suggests to readers.

LEFT a penniless orphan when a timid and sensitive girl of eighteen, the beautiful Lady Isabel Vane found herself at the mercies of an unsympathetic relative. In her innocence she admired a certain frequent visitor at this home—Captain Francis Levison, an unprincipled heartbreaker. Beyond heartlessly leading her on to care for him he made no honorable mention of marriage. Small wonder was it then that she accepted Archibald Carlyle, when that worthy and straightforward country lawyer, the purchaser of her father's estate at East Lynne, took courage because of her distress over her unpleasant surroundings to ask her in marriage.

"I ought to tell you—I must," she confessed to him in hysterical tears. "Though I have said 'yes,' I do not—yet—this has come upon me so by surprise," she stammered. "I like you very much; I esteem and respect you; but I do not yet love you."

"I should wonder if you did," Archibald replied. "But you will let me earn your love, Isabel?"

"Oh, yes," she earnestly answered. "I hope so."

Passively she let him have his first kiss. "My dearest," he said, "it is all I ask."

Six years passed. Life at East Lynne was not all that one might wish for. To be sure Lady Isabel had a most devoted husband and three lovely children. But her happiness was marred by two thorns, of which her husband was quite unaware. Cornelia Carlyle, the domineering and narrow-minded half-sister of Archibald, had seeded her heart against Isabel from the beginning, and made life at East Lynne quite miserable for the poor little inexperienced bride. The second disturbance was the suspicion that her husband loved and was now renewing his love for Barbara Hare, the daughter of the neighborhood justice. Incited by the idle gossip of servants, this suspicion grew into jealousy.

It was true that Archibald seemed to have many meetings with the pretty Barbara—but how was poor Lady Isabel to know that in reality these meetings concerned only private business of a professional nature? Barbara Hare had a brother, Richard, who years before had been accused of murder. Her mother was an invalid, and her stubborn, unforgiving father would hear naught of the son who had disgraced him. Barbara's secret meetings with her exiled brother had convinced her of his innocence. Her one recourse, when implored by Richard to seek help in finding the real criminal, was to confide in their old family friend, Archibald Carlyle.

Always delicate in health and worried sick over her imagined troubles, Lady Isabel was finally persuaded by her physician to go to the French coast for a change of air and scenery. The autocratic Cornelia forbade her being accompanied by the children. Lady Isabel was looking forward to a lonely fortnight before her husband was to join her, when she chanced to meet Francis Levison, exiled to the continent because of his debts in England. Bewildered when she began to realize that she still had that indefinable, involuntary feeling toward him, she was yet completely fascinated, as in the old days before her marriage. She would have given all she possessed to overcome this attraction. Courage failed her to confide all in her husband.

Full of sophistries as before, the unscrupulous Captain Levison compelled her to listen to him. "The past is gone," he said; "but if ever two people were formed to love each other you and I were. Isabel, I would have declared myself, had I dared, but my uncertain position—my debts—well, I never knew how passionately I loved you until you became the wife of another. Isabel, I love you passionately still."

Lady Isabel felt it her duty to repel his advances, but there still remained that undercurrent of feeling for him that she could not comprehend. Fearful lest she betray herself, she dismissed him abruptly, sent for her husband to take her home, and made a pitiful attempt to drive all thoughts of Francis Levison from her mind.

It was well-nigh impossible. Her plans to forget him were completely frustrated when her generous husband, innocently enough, merely thinking to repay Captain Levison for his kind attentions to Lady Isabel on the French coast, invited him profligate to East Lynne as a place of shelter where he might be safe from his creditors until something could be arranged.

Like a serpent Levison boldly took every occasion to whisper into Lady Isabel's ear all the meetings that he spied between her husband and Barbara Hare. Under a misapprehension that her husband was giving his love to Barbara and frantic with the jealous belief that the two were uniting to deceive her, Lady Isabel finally yielded to Levison's pleadings and eloped with him.

No sooner had she taken the fatal step than she was filled with remorse. Almost immediately she discovered the true character of this insincere rake for whom she had given up her all. In a year he deserted her, leaving her unborn child nameless.

Too proud to accept help from relatives, she decided to become a governess. When she chanced to hear of the opportunity to return to East Lynne as the governess to her own children she could not withstand the temptation, so great was her longing to see them again. It was a desperate chance to take, for she might be recognized, though illness and the railroad accident which had killed her child had altered her entirely. Her disguise was complete, as, heartsick, she rode again along the familiar road toward East Lynne. When the dear old house loomed up before her, its gay and cheerily lighted windows a contrast to her own downcast spirits, she began to wish she had never undertaken the project. But for the sake of seeing her own children again she would have turned back. Her fears of being recognized were allayed when she saw that no one suspected for a moment that the gravely saddened and disfigured "Madame Vine" was Lady Isabel.

East Lynne had a new mistress now—none other than her fancied rival of old, Barbara Hare. Not until she realized for the first time that Archibald's love could not longer be hers did Isabel feel an intensity of love for him that she had never experienced as his wife. And yet she became almost happy again in winning the affection of her children, though her joy in being with them was tempered with sorrow in caring for delicate little William, her second born, knowing as she did that he could not long be with them.

Events moved along fast. There came the time when Francis Levison, returning to West Lynne to seek election to parliament, only to be defeated by Carlyle, was convicted of the crime which had overshadowed Richard Hare for so many years. At East Lynne, after the death of little William, a sudden illness came upon Lady Isabel. When she realized that she was failing rapidly she begged upon her deathbed to be allowed to see Archibald Carlyle.

"I could not die without your forgiveness," she murmured. "Do not turn from me! Bear with me one little minute! Only say you forgive me, and I shall die in peace."

"Isabel! Are you—were you—Madame Vine?"

"Oh, forgive me for disgracing your home! And forgive me for coming back! I could not stay away from you and my children! The longing for you was killing me. I never knew a moment's peace after the mad act I was guilty of in quitting you. Not an hour had I departed when my repentance set in. Oh, forgive me! My sin was great, but my punishment was greater."

"Why did you go?"

"Did you not know? I grew suspicious of you. I thought you were deceitful, and in my sore jealousy I listened to the tempting of him who whispered to me of revenge. It was not true, was it?" she feverishly asked.

"Can you suggest such a thing, knowing me as you did then, as you must have since? Isabel, I never was false to you in thought, word or deed. Yes, I forgive you fully, freely. May God bless you and take you to his rest in heaven!"

She raised her head from the pillow and clung to his arm, lifting her face with its sad yearning. Tenderly he laid her down again and suffered his lips to rest on hers.

"Until eternity," he whispered.

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Interested.

"The descendants of this old family, in selling some heirlooms, sold a punch ladle once used in pouring a glass of punch for General Washington."

"Well, well!"

"And it brought $1,000."

"Any punch left?"—Louisville Courier-Journal.

THE STORY OF OUR STATES

By JONATHAN BRACE

(© by McClure Newspaper Syndicate.)

KENTUCKY

THE kinship of Kentucky and Virginia is that of parent and child. From Virginia came most of the settlers of the western state, and with them these pioneers brought Virginia institutions and ideals. It was not until 1750 that the first authentic journey was made by a white man into central parts of the region afterwards called Kentucky.

Further explorations showed that this territory held two important attractions for settlers. The first was the great fertility of what was called the Blue Grass region. The so-called blue grass, from which this state is nicknamed the "Blue Grass State" is in no wise peculiar to Kentucky.

The second inducement for settlers was the fact that there were no Indians living in this region. It was later found that many roving bands of savages crossed the Ohio from the north and sorely harassed the early colonists until Clark's expeditions into Ohio and Indiana checked their invasions. In fact, the name Kentucky is probably derived from the Iroquois word, Kentucke, meaning "hunting land." Another interpretation is "dark and bloody ground," but this is doubtless incorrect.

The main highways of travel in that time were Daniel Boone's "Wilderness Road" through Cumberland Gap and down the Ohio. Hardy pioneers poured into this new territory in such numbers that in 1792, with the permission of Virginia, Kentucky was admitted to the Union as the fifteenth state with an area of 40,598 square miles. Kentucky has thirteen electoral votes for president. The remarkable physical condition of its population is shown in a report of the volunteers in the Civil war. This gave their average height as nearly an inch taller than the New England troops and with a correspondingly greater girth of chest.

TENNESSEE

THE history of Tennessee stretches back to the year 1541 when DeSoto with his party of Spanish adventurers probably reached the present site of Memphis on the Mississippi. The French under La Salle built a fort here about 1682. The English also laid claim to this territory, including it in the grant to North Carolina. It was not until 1770 that the first permanent settlement was made by James Robertson and this was soon followed by many other settlers from North Carolina. They formed what they called the Washington district, but this was short lived as it was promptly annexed to North Carolina. In 1784 the inhabitants, indignant over North Carolina's attitude toward them, declared their independence and formed the State of Franklin or Frankland. As this secession was not countenanced by North Carolina, for a number of years a state of confusion existed with two sets of officers trying to govern. Meanwhile the settlement suffered severely from hostile Indians and from the Spanish, who still held Louisiana, and controlled the Mississippi river. In 1790 North Carolina finally ceded this territory to the United States. By 1796 the population had increased to over 40,000, so Tennessee was admitted as the sixteenth state of the Union.

At the outbreak of the Civil war, Tennessee joined the Confederacy. In 1866, when the state was readmitted to the Union, there was much disorder during the reconstruction period. This led to the formation of the Ku Klux Klan, the influence of which quickly spread throughout the Southern states. This secret organization took into its own hands the suppression of crime and the administration of justice.

Tennessee contains 42,022 square miles, and is sometimes called the Volunteer state. It is named after its principal river, which is a Cherokee word meaning "Crooked River" or "bend in the river."

Pure Gold Not Best for Coins.

The Tuscan sequin was the purest coin known in all history, being 999 parts of pure gold to one of alloy. The ducat piece of Naples, another historic coin, was 996 parts of gold and four parts alloy, while the old Byzantine coins were next, 986 parts gold and 14 alloy. Pure coin is soft and loses rapidly by abrasion, and alloys are used to harden it.

A Child's Reading.

Nothing is more productive of joy and profound profit in later years than a trained judgment and love for reading. It is deplorable that children should not grow up with books as daily companions, learning to know the best books and the characters and authors of the great books. Any mother can become the wise and competent guide for her children's reading. Start them definitely and aright, keep up an interest in what they read, and you will derive as much from it as they do.

Noise Alone Will Not Win.

There is such a thing as detracting from the main issue by the noise you make in doing it. Folks get tired of plain noise. To merit persistent survival noise should have some merit in itself. In some towns they have ordinances against unnecessary noises. That in itself ought to be an argument against noise for noise's sake. And unless you can continually produce something that clangs the patience of the people you will soon lose any power your noise once had to win attention.

Women on Juries.

According to the act passed in England in 1919, women must serve on juries as well as men. While this is no new idea in this country it has caused a considerable amount of comment in England, and the idea of a "mixed jury" seems particularly abhorrent, especially if the jury fails to agree and "locking up" is necessary. Then there is the possibility of a woman's being summoned to serve on a jury, depriving her husband and family of children of her company and services.

Take Care of Good Books.

At spring cleaning time every book should be dusted separately and a fine, soft brush whisked in all the crevices where dust may lodge. Keep in the library, also, some transparent adhesive tape and a pair of sharp scissors; you can mend a torn magazine cover in a jiffy, or a book page that somehow has torn. You can mend with the adhesive tape, pages of music, and even straighten out bent corners of playing cards, putting a tiny section of the tape under the corner.

THE TRIALS OF A HOUSEWIFE

How They Have Been Endured and How Overcome by Lydia E. Pinkham's Vegetable Compound

Experience of a Providence Woman

Providence, R. I.—"I took Lydia E. Pinkham's Vegetable Compound for a female trouble and backache. It began just after my baby was born, and I did the best I could about getting my work done, but I had awful bearing-down pains so I could not stand on my feet. I read in the papers about Lydia E. Pinkham's Vegetable Compound and the good it was doing other women, and I have got daudy results from it and will always recommend it. You can use these facts as a testimonial if you wish."—Mrs. Herbert L. Cassen, 18 Meni Court, Providence, R. I.

Ohio woman for three years could hardly keep about and do her housework she was so ill. Made well by Lydia E. Pinkham's Vegetable Compound:

Fayette, O.—"For about three years I was very nervous and had backache, sideache, dragging-down pains, could not sleep at night, and had no appetite. At times I could hardly do my housework. I got medicine from the doctor but it did not help me. I saw Lydia E. Pinkham's Vegetable Compound advertised in a newspaper and took it with good results, and am now able to do my housework. I recommend your medicine to my friends and you may publish my testimonial."—Mrs. Chester A. Ball, R. 15, Fayette, Ohio.

An Illinois woman relates her experience:

Bloomington, Ill.—"I was never very strong and female trouble kept me so weak I had no interest in my housework. I had such a backache I could not cook a meal or sweep a room without raging with pain. Rubbing my back with alcohol sometimes eased the pain for a few hours, but did not stop it. I heard of Lydia E. Pinkham's Vegetable Compound, and six bottles of it have made me as strong and healthy as any woman; and I give my thanks to it for my health."—Mrs. J. A. McQuitty, 610 W. Walnut St., Bloomington, Ill.

The conditions described by Mrs. Cassen, Mrs. Ball, and Mrs. McQuitty will appeal to many women who struggle on with their daily tasks in just such conditions—in fact, it is said that the tragedy in the lives of some women is almost beyond belief. Day in and day out they slave in their homes for their families—and beside the daily routine of housework, often make clothes for themselves and for their children, or work in their gardens, all the while suffering from those awful bearing-down pains, backache, headaches, nervousness, the blues, and troubles which sap the very foundation of life until there comes a time when nature gives out and an operation seems inevitable. If such women would only profit by the experience of these three women, and remember that Lydia E. Pinkham's Vegetable Compound is the natural restorative for such conditions it may save them years of suffering and unhappiness.

There is hardly a neighborhood in any town or hamlet in the United States wherein some woman does not reside who has been restored to health by this famous medicine. Therefore ask your neighbor, and you will find in a great many cases that at some time or other she, too, has been benefited by taking it, and will recommend it to you. For more than forty years this old-fashioned root and herb medicine has been restoring suffering women to health and strength.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

DON'T LET THAT COUGH CONTINUE!

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 germs 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. 50 cents and $1.15 per bottle at all drug stores.

SPOHN MEDICAL COMPANY, GOSHEN, IND.

EVERYBODY'S DOING IT!

WHAT?

WHY, TAKING

BEECHAM'S PILLS

Let's not walk 13 miles before breakfast for our breakfast.

Keep your friendships in constant repair by practicing the golden rule.

In a new size package

LUCKY STRIKE

10 cigarettes for 10 cts

Handy and convenient; try them. Dealers now carry both sizes: 10 for 10 cts; 20 for 20 cts.

It's Toasted

The American Tobacco Company