

GIRL HAD PAINFUL TIMES

Mothers—Read This Letter and Statement Which Follows

Portland, Indiana.—"I was troubled with irregular menstruation and would often have to bleed because of it. One Sunday my aunt was visiting and she said her girl took Lydia E. Pinkham's Vegetable Compound and it did me so much good that I, too, was doing me good and I praise it, highly. It would not be long before I would be able to use this letter as a testimonial."

STELLA NEWTON, R. R. 4, Portland, Indiana. Mothers—You should carefully guard your daughter's health. Advise her of the danger which comes from standing around with cold or wet feet, from lifting heavy articles, or overworking. Do not let her overeat.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks.

Head the first warning they give that they need attention by taking GOLD MEDAL TABLET OF CAPSULES

The world's standard remedy for these disorders will often ward off these diseases and strengthen the body against further attacks.

Look for the name Gold Medal on every box and accept no imitations

HONOR BRITISH WAR MOTHER General Pershing Gives Her Kix and American Legion Women Pay Tender Tribute.

The alliance between those who served the United States and Great Britain against the common enemy during the World war was further strengthened by a kiss from General Pershing and his staff to Mrs. M. C. McQuinn, official hostess, before she sailed for return to the blind kingdom.

Mrs. McQuinn, mother of the recipient of the British war honors who brought down more than 50 German planes and won the Victoria Cross before he was captured in 1918.

MANY LEGION MEN BACHELORS Investigation Discloses Fact That Majority of the Former Servicemen are Single Blessedness.

Three years after the war 61.6 per cent of the former servicemen are still bachelors, according to Gray Waggett, adjutant of the Evanson (Ill.) post of the American Legion.

Sure Relief FOR INDIGESTION 6 BELLANS Hot Water Sure Relief BELLANS

24 and 754 Packages, Everywhere

The AMERICAN LEGION

FIGHTING PARSON IS LIKED

Rev. Earl Blackman, National Chaplain of the American Legion, is Regarded as Man's Man.

"Fighting parsons" were common during the World war, but those who actually fought were not. Rev. Earl Blackman, national chaplain of the American Legion, is regarded as man's man.

Returning from France, Reverend Blackman resumed his pulpit in Chicago, Ill., one of his first acts was to attend a public dinner. He didn't dance, but he thoroughly enjoyed the fun.

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COMPENSATION BILL TO PASS

Five-Fold Measure Scheduled for Favorable Action by Congress During Present Session.

Cash, paid up insurance, vocational training, farm or home aid and land settlement are options offered World War veterans in the five-fold adjusted compensation bill which congress is expected to pass during its present session.

According to National Commander MacNider of the American Legion, who bases his statement on information given him by Senator McCumber, North Dakota author of the bill in the senate, and Republican Fordney, Michigan, who introduced the bill into the house, the legislation will become law during February, 1922.

The measure will become effective in July, 1922, as originally provided. Mr. MacNider believes, in connection with the bill, it is significant that the American Legion has obtained the common term of "bonus" for the money which the government will pay to any one of the following options:

(1) Adjusted service pay, at the rate of \$100 per month for each year of foreign service. Maximum of \$125 for man without overseas service; \$262 for man with overseas service.

(2) Adjusted service certificate (so-called insurance feature), a paid-up 20-year endowment policy. The face value of this policy will be 72.5 times the amount that would be received in cash. The face value of this policy would be payable to the veteran at the end of 20 years, or if he dies before the expiration of 20 years, the face value would be paid to the beneficiary of the policy. Loan values are also provided for.

(3) Vocational training aid of \$125 a day while taking a course in vocational training. The amount of this aid would be reduced to 75 per cent of what would have been paid in cash.

(4) Farm or home aid of 100 per cent of what would have been paid in cash. If the home is used to purchase, improve or make payments on approved farm or city or suburban home.

(5) Land settlement. (A) Provides for the establishment of reclamation projects for the development and improvement of vacant land. This land purchased by the government. If possible, projects will be located in the most fertile part of the purchase price of private lands bought for this purpose. Service men will be employed on the project as far as possible.

(B) Provides for the sale of farm units of these projects which are ready for settlement. Sale price will be the purchase price of land plus cost of improvements. Terms, part down, rest in 40 years at a 6 per cent interest.

(C) Veterans may have their adjusted service pay applied as first payment on this land.

Carrying On With the American Legion Families of police killed by Wichita (Kan.) bandits received the proceeds from a Legion benefit show.

Some \$4,000 of the W. C. T. U.'s war time fund has been turned over to the American Legion to aid sick and wounded.

Wife of tag being the name of Wagon, Miss. is being made by the local post of the Legion to advertise the tag.

Ballets and special amusements of the New York Legion will be sent by the Westinghouse Electric company's radio-telephones.

Hay Shore (Ill.) post of the Legion owns and publishes a weekly newspaper which devotes most of its space to local and county affairs.

Punishment of draft evaders to prevent wholesale evasion in another way is recommended by Major General Harris, adjutant general of the army.

Canes will carry delegates from Benhill, Minn., at the head of the Mississippi river, to the annual Legion convention next fall at New Orleans.

Protest against the use of the American flag for commercial purposes has been made by the Warsaw post of the American Legion, department of Poland.

ROADS

TRAFFIC WEAR ON BRIDGES New Instrument Measures With Scientific Precision The Effect of Every Shock.

Prepared by the Bureau of Public Roads, U. S. Department of Public Works. A new instrument has been developed by the Bureau of Public Roads of the United States Department of Public Works, which measures with scientific precision the effect of every shock and blow delivered by moving vehicles in crossing a bridge.

Attached to each part of the bridge structure is a sensitive piezoelectric device which registers the effect of every shock or blow on the part.

No blow or shock can be delivered so quickly that the instrument will not record its effect. It has never before been possible to measure the effect of such blows. Engineers have long been unable to measure the effect of standing loads very exactly, but because of their inability to measure the effect of every delivery of blows or impacts, they have never been able to prepare the various parts of a bridge with absolute assurance. It has been necessary to make a liberal allowance for the maximum quantity. In some cases the allowance has not been sufficient and the bridges have collapsed under moving loads.

Many bridges still in service are probably too weak to withstand safely the sharp blows of ordinary moving vehicles, though they would be safe under the same loads, at rest, or moving at slow speed. The familiar whining sound at the joints of a bridge, especially on the approach, is a warning that the bridge is being subjected to a strain which it is not designed to stand.

Concrete Structure Built to Withstand Swifty Motorist's Violent Leaping Motocyclists.

Truck may strike a tree and get a blow that is as hard as a bullet. It is rather surprising that the department has not yet had a motorist killed by a tree.

It is believed this new instrument will soon be available to all states. The instrument will enable the engineer to study the various kinds of shocks which are likely to be met under similar conditions and to build such bridges without undue risk of material and money.

GOOD ROADS AD PROSPERITY Sum of \$20,000,000 Let Last Year's Farmers Unable to Get to Market Over Highways.

Good roads are the greatest and most profitable investment a community can make. Last year the sum of \$20,000,000 was lost by farmers in this country because of their inability to get their products over bad roads.

When one stops to think that in every township there are 72 miles of road, it is not surprising that the aggregate of roads in this country, says a writer in an E. C. change, of these hundreds of thousands of miles of roads, and the comparatively few miles of paved and a total authority on road building, the proposition that not more than 8 per cent of all the roads in this country will be paved by 1922.

It would be excellent if we could have all hard roads, brick, concrete or macadam, over which are open all year round. We should have some of them but it is impracticable to have every road of that kind. However, it is just as important to have good laterals leading to the main roads. So we must do the best we can and improve our main roads, city roads, and streets.

Automobiles May Take Trip. Twenty-one thousand miles of roads have been built with Federal aid in the last five years and there is confidence in a further increase in the number of miles to be built.

Pavements. Motorcycles and pavement machines as fast as they are built. As fast as pavements get stronger, trucks get larger and loads heavier.

Keep Hens Confined. Keep the hens confined during wet weather. Hens with wet feet are not good for laying. The moisture on their feet will be even greater if road building helps the automobiles are to take their trip.

What Ailed Her Pains. Little Louise was recovering from a fit of fever and her appetite had begun to assert itself. She gave a look at the meager slice of toast and the bowl that had been brought to her bedside.

"Can't I have more than this, mother?" she asked. "It isn't half enough."

"Not just yet," said mother. "I am afraid to give you more. Your pulse is still too quick."

"But, mother," urged Louise, "don't you see it's my excitement because I can't get enough to eat that makes my pulse so quick?"—Wayide Tales.



Help Your Kidneys Fight That Cold! Winter Colds and Chills Weaken the Kidneys and Are the Direct Cause of Many Serious Kidney Disorders

Is winter-time your backache-time? Does your lame, achy and all worn out? Does you back throb and ache until it seems you just can't keep going another day?

Then look to your kidneys! Grip, colds and chills throw a heavy strain on the kidneys. They overload the blood with poisons and impurities that the kidneys have to filter off. The kidneys weakened under this rush of new work, become congested and inflamed.

finds you suffering with torturing backache, rheumatic pains, headaches, dizziness and annoying bladder irregularities. But don't worry! Simply realize that your kidneys are overworked at such times and need assistance. Get a box of Doan's Kidney Pills today and give your weakened kidneys the help they need. Assist them also by drinking pure water freely, eating lightly, and getting plenty of fresh air and rest. Doan's Kidney Pills have helped thousands and should help you. Ask your neighbor!

"Use Doan's," Say These Good Folks:

ALBERT JOHNSON, 152 E. Fifteenth St., Holland, Mich., says: "My kidneys were out of order and caused considerable trouble. I was unable to do my work and I was in pain. I used Doan's Kidney Pills and was cured. I feel like a new man now."

MRS. W. BARKER, Gaylord, Mich., says: "I contracted a severe cold, which settled on my kidneys. Morning, my back felt lame and sore. I was unable to do my work and I was in pain. I used Doan's Kidney Pills and was cured. I feel like a new man now."

Doan's Kidney Pills

At all dealers, 60c a box. Foster-McLarn Co., Mfg. Chemists, Buffalo, N. Y.

THINK UNCLE SAM FAIR GAME BELIEVED IN SAFETY FIRST

Postmaster Assure That Even the Small Ruth Wanted to Be Quite Sure Best Class of Citizens Will Attempt to Cheat Him.

"Many good people" said the postmaster, "to be paid the post office. I've caught industrial spies flouting the post office."

"I am not in sympathy with you," said the little girl. "I am not in sympathy with you."

"There is a dozen in this town who can't see a penny of their own money. They are not just a few of the people who are not in sympathy with you."

"The worst game ever tried on me, though, was the work of a professional crook. He took an old clock and posted it on the sidewalk. The crook took it and ran away with it. I was not in sympathy with you."

"To be disappointed in love may save you a greater disappointment in marriage. Some people are so foolish that they travel on schedule time."

Smack That Child.

A mother was reproving her little six-year-old girl for being naughty. "If you are so naughty and disagreeable," she said, "you will not be loved, and when you grow up your friends will be few."

"I shall not want any friends, for I shall get married," said the girl. "You will not get married if you are disagreeable, for gentlemen are particular."

"Well, my dear, I don't think daddy was particular."

Utilizing a Calumny. "Your enemies are now paying that you put with your knife and use bad grammar."

Exception. An astronomer says that the term "fixed," as applied to stars, is a misnomer. Still, we know that stars that are mighty well fixed in the Boston Transcript.

Growing Children

are often troubled with Feverishness, Constipation, Headache, Stomach troubles, Febrile disorders and Worms. At such times thousands of Mothers use MOTHER GRAY'S SWEET POWDERS for CHILDREN

and find they give certain relief. They tend to break up colds. Cleanse the stomach, act on the liver and bowels and give healthful sleep. Easy to give and pleasant to take. Used by Mothers for over 30 years.

Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

Western Canada Land of Prosperity

offers to homeseekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have prospered since a generous offer to settle on FREE homesteads in their farm land in their provinces have been well rewarded by bountiful crops. There is still available on easy terms.

Fertile Land at \$15 to \$30 an Acre —land similar to that which through many years has yielded from 20 to 40 bushels of wheat to the acre—oats, barley and flax also its great fertility, well raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farms of 160 acres and more have been raised in a single season worth more than the whole cost of the land. We have excellent schools, hospitals, independence, good homes and all the modern conveniences which make life worth living.

Farm Gardens, Poultry, Dairying going to lay out the money. We have growing and stock raising. Attractive city and farm land in their provinces have been well rewarded by bountiful crops. There is still available on easy terms.

For Illustrated Literature, prices, description of farms and other information, send for literature to J. M. MacLACHLAN, 10 Jefferson Avenue, Detroit, Mich. Canadiana, Dominion.