

RICHEST KNOWN FOOD ELEMENT Is Basis of Father John's Medicine

Doctors have definitely proved that cod liver oil, which has always been one of the chief elements of Father John's Medicine, is the richest known source of the body building vitamin (Vitamin A).

The American Legion

LEGION MEN ON HERO LIST

David O'Leary and W. W. Colton of Paducah Post Rescue Victims of Explosion.

There came a deafening roar, and out of the building gushed the strong odor of ammonia gas.

Colton and O'Leary, staggering, groping their way, searched for and found Mrs. Maude Fishburn and Mrs. A. Hare, the women who had been sleeping in their quarters in the building.

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AUXILIARY WOMEN SET PACE

Under Leadership of Mrs. Rose Craven, Missouri and Kansas Workers Conduct Benefit.

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LIKE "BLESSSED HAVEN" IDEA

Widowhood (N. J.) Legion Post Establishes Retreat for the Convalescent Ex-Servicemen.

That bliss of loneliness and pain which veterans who are convalescing from a government hospital and before he can go to his home, is being made one of pleasure and reward by the Byrd post of the American Legion at Wildwood, N. J.

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TO AID LEGION'S AFFLICTED

Chairman of Rehabilitation Committee Shows Need of Care for World War Victims.

"Many a former soldier boy is finding his old comrades, who like himself, are scattered all over the world, in the paths of peace, spending their time and money fighting his battles for him these days."

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HAVE TO BE "SHOWN"

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Canada's First Railroad.

The first railroad in Canada was the one built between Lacapraire and St. Johns, Quebec, and owned for the first 100 years by the railway.

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A WOMAN OF INTEREST TO WOMEN Healthy Housewife--Happy Home

Lydia E. Pinkham's Vegetable Compound Has Helped Form Many

Reading, Pa.--"I was a nervous wreck and could hardly do my housework. I always had to have help and I would never have got it done. Through the advice of friends I have tried Lydia E. Pinkham's Vegetable Compound for my nerves and Lydia E. Pinkham's Blood Purifier for my blood and I am feeling fine and doing my work all alone. I can recommend these medicines to any one, for they certainly helped me. I suffered for five years and Lydia E. Pinkham's medicine pulled me through." Mrs. WALTER U. STROVER, 1218 Mulberry St., Reading, Pa.

For the ailing, half-sick housewife such a union is impossible. Often the slightest form of nervousness cannot be accomplished. Yet the work must be done. Many women struggle along for years suffering from some form of female trouble that makes their lives miserable and their homes far from happy.

Lydia E. Pinkham's Vegetable Compound has helped thousands of just such women regain their health and strength. Just give your health to the following letters and remember that the women who wrote these letters knew how they felt before taking the Vegetable Compound and again afterwards. It helped them--let it help you.

Had Nerve's Spells Horatio, Ark.--"I had nervous spells, my head ached, my eyes were sore and my back hurt me all the time and I had been going down in health for six or seven years. For three years I had not been able to do my work without help. I weighed only 90 pounds when my husband's mother persuaded me to take Lydia E. Pinkham's Vegetable Compound. Now I heartily recommend it to all suffering women. I was gained weight and strength. I can do all my work and I want to do it." Mrs. JIM REARICK, Horatio, Arkansas.

SPHON'S COMPOUND Spohn's Distemper Compound

to break it up and get them back in condition. Thirty years ago we had "SPHON" indispensable in treating Coughs and Croup with their soothing qualities, and all diseases of the throat, nose and lungs. Acts equally well as cure sold in two sizes at all drug stores. SPHON MEDICAL COMPANY GOSHEN, INDIANA

10c Gives New Life to Old Stockings Putnam Fadeless Dyes--dyes or tints as you wish

Lehmann's Gullison's guaranteed putnam fadeless dyes or tints as you wish. Putnam Fadeless Dyes--dyes or tints as you wish. Putnam Fadeless Dyes--dyes or tints as you wish.

Skin Eruptions Are Usually Due to Constipation Nujol

When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it.

Small Boy's Distress Had a Whole Lot More Than Sympathy as a Basis

A girl in Washington got a job that didn't fit all of her--showing the small from the sidewalk in front of his house. There was a good bit of ground to cover. After about two hours' toll he began to cry.

HAD REAL CAUSE FOR GRIEF

"What the matter, son?" asked a sympathetic neighbor, as he came upon the scene. "A tramp came along and stole the shoe from the boy next door," explained the lad between sobs.

Search Palestine Ruins

Forty historical sites, of which 17 were previously unrecorded, have now been examined in the valley of Jordan near Balqa. Some of them have given evidence of great antiquity.

Why sign notes at the dining table?

IF your mealtime cup of coffee leads you into midnight wakefulness and mid-afternoon drowsiness (as so often happens) why not stop giving the promise to pay?

It is so easy to keep out of debt by turning to Postum.

Cuticura Soap The Safety Razor-Shaving Soap

Among the crown jewels of the soap world were two large diamonds of ruby tint which were always regarded as especially valuable and whenever the royal lower were placed on exhibition these stones were under special guard. It was necessary some time ago to dispose of the jewels, and as they were being prepared for sale they were put through a wash which unfortunately removed the color of the precious stones and left them perfectly white. Instead of demanding a fabulous price as ruby diamonds, they were sold simply as white stones--Chicago Journal.

Aspirin Say "Bayer" and Insist!

Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prepared by physicians over twenty-two years and proved safe by millions for Colds, Headache, Earache, Rheumatism, Pain, Flu, Neuralgia.

Only "Bayer Tablets of Aspirin" accept. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Drugs also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monacocleander of Salzeifeld--Advertisement.

Taking Profits Both Ways. "Yes," said the pilgrim in the elderly overcoat with the bulging pockets, "him 'n' me is in partnership, but we don't do business together."

"How's that?" "Why he goes around selling a stove black; that leaves a stain on the dinner; I go around next day to the same homes with the only stove that'll take it off--London Tit Bits.

For Visitors Only. The primary teacher asked the class for a definition of the word "blazing." None of the pupils seemed to know. Finally Johnny's hand went up. "What is it, Johnny?" said the teacher. "Papya says the blazing's very time we have company."

As We Grow Up. About all the difference between children and us grown-ups is that we watch more and are happier. --Arlington County (Mo.) Mail

Prize for Hubby. "There goes my husband, it's good to his wife." "That so? Who is he?" "My husband," London Answers.

Is Backache Crippling You? Is back dull, nagging, making it hard for you to get around? Are you lame, sore and tortured with sharp, electric pains? If so, you have given some attention to your kidneys. It is persistent backache, often Nature's first signal of kidney weakness. You may have headaches, dizziness and annoying bladder troubles, too. Kidney troubles, if treated early, are easily cured. Begin now with Doan's Kidney Pills. Doan's have helped thousands and should help you. Ask your doctor.

A Michigan Case. Geo. Durham, 30 4th St., Lansing, Mich., says: "When I was a boy I got sick with anything I could get my hands on. I was in my back and I had to get up in the middle of the night. I couldn't sleep at all. I had to get up three or four times, and was so weak that I couldn't get up. I decided to try Doan's Kidney Pills. Doan's cured me."

Doan's of Any Store, 50c a Box. DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

