

# PE-RU-NA

Recommended by an Ohio Farmer



W. J. Temple, 292 W. Central Ave., Delaware, Ohio, for five long years could not eat a meal without distress. His trouble was catarrh of the stomach and bowels brought on by exposure. Mr. Temple says: "A druggist recommended Pe-ru-na. I took five bottles and am a well man. While formerly I could not do a day's work, I now never become fatigued. Pe-ru-na is the best medicine and tonic in the world. It is especially fine for catarrh and colds."

The value of any medicine is determined by results. Pe-ru-na has been accumulating results for over fifty years.

Sold Everywhere Tablets or Liquid Insist upon having the genuine remedy for catarrhal conditions.

**NURSING MOTHERS**  
TABLETS  
WATERBURY'S MILD PLEASANT LAXATIVE AND BILETIC  
AFTER 12 HOURS NO DRUGS  
100 SALL EVERYWHERE  
BUY A BOTTLE 10c-60c  
WE HAND MEDICINE CO.

## Cuticura Soap Complexions Are Healthy

There is a white mark gets you tany and refuses to quit.

In order to score a hit on winter must strike the public's fancy.

Constipation generally indicates disordered stomach, liver and bowels. Strain's Indian Vegetable Pills remove constipation without injury. 212 Pearl St. N. Y. Adv.

If a man gets rattled there must be a screw loose somewhere.

Nothing destroys the memory of a man like doing him a favor.



### "Cutting teeth is made easy" MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator At all druggists Non-Narcotic, Non-Alcoholic  
Oakland, Neb., Feb. 28, 1920  
Gentlemen: I am more than glad to tell you of the experience and result obtained from your wonderful Baby Medicine. Our second baby is now seven months old and has never given us a moment's trouble. The first and only thing she has ever taken was Mrs. Winslow's Syrup. She has four teeth and is always smiling and playing. Cutting teeth is made easy by the use of Mrs. Winslow's Syrup. Most sincerely,  
(Name on request)  
ANGLO-AMERICAN DRUG CO.  
318-217 Fulton Street, New York  
Gen. Selling Agents: Harold F. Blodgett & Co., Inc.  
New York, Toronto, London, Sydney

### Drive Malaria Out of the System

**BABER**  
OR  
**CHILLS & FEVER**  
A GOOD TONIC AND APETIZER  
W. B. B. CO., BARNWELL, S. C.

# THE AMERICAN LEGION

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

## ARKANSAS POSTS WERE BUSY

Review of Activities of Past Year Shows Legion Aims to Be of General Service.

A convincing refutation of occasional slurs at the American Legion on the grounds that the organization does not represent the war veterans and promotes only its own selfish interests is contained in a review of the work of Arkansas Legion posts in the last year. In that time, the department of Arkansas, under the leadership of O. L. Bodenhamer, then department commander, pushed forward rapidly in both membership and activities and now stands as a recognized force in the national organization.

How the community is being helped by the Legion is demonstrated by the record of many Arkansas posts. Members of the Lake Village and Eudora posts, during recent high water, patrolled the levee night and day, saving considerable property from damage. The Stuttgart post is now planning a new home, which when completed, will house the town library. Warren post has one of the foremost buildings in the community as its home, and is becoming an influential factor in civic betterment. Texarkana post has added much to community spirit by its successful conduct of the town baseball park during the last season, and the Fort Smith post is active in education at and welfare work.

Several of the posts have been instrumental in obtaining suitable war memorials. A Legion cemetery is being maintained by the Jonesboro post. Paragould post is erecting a monument for the Greene county veterans. Ripley-Ville and Marianna posts started the movement to honor the memory of Herman Davis, America's greatest war hero, with appropriate memorials as well as scholarships at the University of Arkansas.

Hot Springs post has handled the case of a large number of orphans who, long ago, of the health-giving waters, went to the springs without sufficient funds. At Springfield, the Legion is planning classes in parliament-ary law, Americanism, military drill, etc., for the benefit of veterans. All of the posts are doing similar work for ex-servicemen, regardless of their affiliation.

## PLAN TO CHECK IMMIGRATION

Conference at San Francisco, Under Auspices of American Legion, Appeals to Congress.

That the remedy of greatest immediate value for the problem of oriental immigration is in the adoption of a law excluding from the country all illegible aliens was the consensus of opinion expressed at a conference on oriental immigration held at San Francisco under the auspices of the American Legion.

The organizations represented at the meeting were the American Legion, by Morgan Kraslow, assistant of the Department of Citizenship, the California State Federation of Labor, by Paul Scharrtenberg, secretary-treasurer, the State Grange, by C. A. Bodwell, Jr., peroral representative of George Harrison, state master, the Native Sons of the Golden West, by William J. Hayes, grand president, and C. L. McEnerney, grand director.

It was pointed out that the three organizations first named in national convention and all four organizations in state convention had unanimously urged congress to enact immediate legislation excluding hereafter as immigrants or permanent residents all aliens ineligible to citizenship under the laws of the United States. Attention was called to the fact that the Legion, at its last national convention, made it the duty of the national executives and each state department to take steps to promote immediate legislation on this subject, that the American Federation of Labor has adopted a similar policy and that the state departments of the American Legion in California, Oregon, Washington and other western states are co-operating in accordance with the policy outlined.

## COMMUNITY WORK IS O. K.'D

Iowa Legion Commander Urges Posts to Give Aid in Promoting Projects.

American Legion posts are urged to give all possible assistance in promoting community projects by Bert L. Halligan, commander of Argonne post, American Legion, Department of Iowa. "American Legion posts must give all possible service to their respective communities," he declared. "Its opportunities are greater than that of any other organization because its membership comes from all walks of life, but it cannot function as it should without the co-operation of all other civic bodies and of the citizens generally."

"The Legion has not only shown that its service is not only shown but it shows that it is serving its community. The Legion is a force in our lives and it is showing its strength to the people."

## TO FIGHT RADICAL TEACHING

Tacoma Woman Donates to Establish Chair at Pacific University at Forest Grove, Ore.

A practical means of combating the industrial, social and economic unrest being fostered in this country by the L. W. W. and other radical forces, has been found, it is believed, in the recent establishment of the American Legion chair of history and patriotism at Pacific university, Forest Grove, Ore.

This department, conceived by Legionnaires when the effect of returned ex-service men began to make itself manifest in stabilizing the restless unemployed, became an accomplished fact when Mrs. Robert L. McCormick of Tacoma, Wash., long a friend of the ex-service man, donated \$100,000 to the perpetuation of the chair.

The movement to establish the chair of history and patriotism was started early last spring. American Legion men, seeing possibilities in the policy of the Pacific university, whereby free scholarships were given all ex-service men, suggested that the university lay before the various patriotic organiza-



Mrs. Robert L. McCormick.

tions of the country the matter of establishing its patriotic program. A move to establish the American Legion chair of history and patriotism resulted and culminated in the gift of Mrs. McCormick.

Of the amount donated by Mrs. McCormick half was used in the erection of a building to house the department. The remaining \$50,000 forms an endowment fund which secures the permanence of the chair.

The expressed purpose of the department is to teach and foster the ideas and ideals of the founders of the country and to perpetuate in the lives of posterity the heroic virtues and sacrifice of the American Legion.

Aside from classroom lectures on the essentials of patriotism, the course of study includes a laboratory course in the investigation of social, industrial and economic conditions of the west; of the cause of the rise and fall of nations and the means whereby the dry rot which eats at the heart of government may be combated.

An example of the practical field work being accomplished by the students of the department is seen in a recent threatened disturbance in Mill town along the coast. American Legion students went into the troubled district, gained the confidence of the workers, and succeeded in averting any disturbance.

Such field work will be extended in the future to include investigation and the making of reports on industrial conditions. It has been found that where the students are well posted on conditions, the outbreak may be averted in many instances.

## POST POLLS OPEN TWO DAYS

Modern City Methods Used at Election Conducted by the Douglas County (Neb.) Legion.

With the largest membership of any post in the United States, the Douglas county (Neb.) post of the American Legion, when confronted by its recent elections, solved the problem by a system as comprehensive and efficient as any city or state election system. Polls were established in the county courthouse and were kept open from 7:30 a. m. until 6 p. m. on two consecutive days. A board of election commissioners sat at the courthouse during the pollings and passed on the eligibility of each voter. None was allowed to ballot who had not paid up his dues for the year. Absentee voters sent their ballots by mail and telegraph, the board passing on the authenticity of the ballots. The only trouble in the election was the insistence of some enthusiastic politicians who tried to carry their electioneering almost to the curtain of the voting booth. It was found necessary to establish a dead line for the amateur politicians some distance from the polls.

Will Receive Medal.

In recognition of her service as first president of the first department of the American Legion auxiliary and as presiding chairman of the first national convention, Dr. Helen Hughes Wheeler of Makata, Minn., will receive a gold medal from the National Legion Auxiliary. A committee is now working on the design for the medal.

Compensation Time Limit.  
Officers of the Executive Department of the American Legion are working on a plan to limit the number of months of the year during which they may be compensated for their services. The plan is to limit the number of months to three or four in any one year.

## IMPROVED UNION INTERNATIONAL

# Sunday School Lesson

By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago. (Copyright 1922, Western Newspaper Union.)

## LESSON FOR DECEMBER 16 WORLD-WIDE MISSIONS

LESSON TEXT—Acts 16:9-15; 18:30, 31; Rom. 16:18-21.

GOLDEN TEXT—"I am not ashamed of the gospel of Christ, for it is the power of God unto salvation to every one that believeth"—Rom. 1:16.  
PRIMARY TOPIC—Preaching by a River.  
JUNIOR TOPIC—Paul Crosses the Sea.  
INTERMEDIATE AND SENIOR TOPIC—Paul's Ambition.  
YOUNG PEOPLE AND ADULT TOPIC—Paul's Aim and Methods.

The Gospel having broken the confines of the Jewish city and country, the middle wall of partition being abolished, the time came for it to leap across the Aegean sea and begin its conquest of another continent. Christianity thus ceased to be an oriental religion and through the centuries has been mainly occidental.

1. Call to Macedonia (Acts 16:9-11).  
The vision (v. 9). Being hemmed in on all sides, a vision was given to Paul of a man of Macedonia pleading for help. This made plain to him the closed doors about him. The Spirit as definitely leads in the closing of some doors as in the opening of others. In finding the divine will we should look both ways. Before there can be any great forward movement, there must be a vision. The great achievements of men are the products of visions.

2. The Vision (vv. 10, 11). As soon as the divine way was known they moved forward therein. Visions must be quickly translated into aggressive actions or else they are blotted from our skies. They neither questioned the wisdom of God nor delayed action. This is characteristic of all of God's true servants. With a straight course Paul moved out of his own country to the strange shores of a new continent.

3. The First Convert in Europe (Acts 16:12-15).  
The missionaries first went to Philippi and spent several days in studying conditions there. The Jewish element in this city was comparatively insignificant, so much so that they could get a synagogue. Therefore, the devout people were accustomed to worship by the river-side. To this humble gathering Paul came and preached to the women assembled there. A certain woman from Thyatira, a devotee, believed his message and was baptized. The work of the Lord thus had a very humble beginning, but it was destined to transfigure all Europe and the world. The steps in Lydia's conversion are worthy of note for they are typical.

4. Her Heart Was Opened by the Lord (v. 14). Usually those whom God is calling are found at the place of prayer. Lydia was seeking the heavenly light. God made many an inquirer to the prayer meeting.

5. Her Household Believed Also (v. 15). This was as it should be. Real conversion cannot be concealed.

6. Practiced Hospitality (v. 15). Those who have experienced God's saving grace are at once disposed to have part in His work by rendering aid to His ministers.

7. Paul's Preaching in Rome (Acts 28:30, 31).  
Paul continued his labors in widening his testimony to the world amongst thrilling experiences. In spite of beatings, shipwrecks and imprisonments, we find him near the close of his life in the imperial capital city. Though a prisoner he continues to preach the Gospel of the Lord Jesus Christ. In the providence of God, he had liberty to preach the Gospel to all who came to him.

8. Paul's Aim in Preaching the Gospel Was World-Wide (Rom. 15:16-21).  
His heart's transcendent desire was to preach the Gospel to the Gentiles might become obedient to the faith. In order that this might be accomplished he pushed out into unexplored regions, so that the light of the Gospel might shine into the darkness of the heathen world. May we follow his example, for there is much work to be done.

9. Prayer.  
Bring your plans, your purposes to God's throne. Test them by praying about them. Do nothing large or new—nothing small nor old, either—do that nothing—all you have added there, in the silence of the secret place. "Lord, what wilt thou have us to do?"—Alexander Hamilton.

10. Work in the Field.  
Work is not done. It is done, but we have prevented its fruits by our sins or our fears. Work is the key to the life.

## THAT PAIN IN YOUR CHEST MEANS YOU HAVE TAKEN COLD

But Don't Waste Time Taking Liniments—You Need Cheney's Expectorant

You woke up this morning with a pain in your chest and a feeling of tightness and wondered if you might have taken a severe cold. Then you looked for a bottle of liniment and rubbed, till the skin was blistered and wondered why you didn't get any better. Well, the liniment couldn't get at the seat of the trouble, which was inside. You have a deep-seated cold and probably are threatened with pneumonia or pleurisy. You have got to get something inside of you—right into your circulation to reach the inflammation that is going to become congested if you don't hurry up and stop it.

Cheney's Expectorant goes right to the spot—dispels the inflammation, soothes the congested tissues and opens up all the air passages and makes breathing easy. The pain will disappear and you will feel easy in no time. You had better keep a bottle in the house for use in emergency. For sale by all druggists and in small towns by general merchants at 50c and 60c a bottle.—Advertisement.

Teacher Was Right. Father—Did you tell your teacher I helped you with your French exercises, Tommy? Tommy—Yes. Father—And what did she say? Tommy—She said she wouldn't keep me in today because it didn't seem fair I should suffer for your ignorance.

GIRLS! A GLEAMY MASS OF BEAUTIFUL HAIR

35-Cent "Danderine" So Improves Lifeless, Neglected Hair.

An abundance of lustrant hair full of gloss, gleams and life shortly follows a genuine tonic up of neglected curls with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wavy or falling hair is quickly rejuvenated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Ask drug store.—Advertisement.

Couldn't Find San. "I never smoked when I was your age," said father. "Will you be able to say that to your son when you grow up?" "Not with such a straight face as you do, father," replied William.

## INDIGESTION, GAS, UPSET STOMACH

"Pape's Diasepain" is the quickest, sweet relief for indigestion, gas, flatulence, heartburn, sourness or stomach distress caused by acidity. A few tablets give almost immediate stomach relief. Correct your stomach and digestion now for a few cents. Druggists sell millions of packages of Pape's Diasepain.—Adv.

## "CASCARETS" FOR LIVER AND BOWELS—10c A BOX

Cures Bilioussness, Constipation, Sick Headache, Indigestion, Drug stores Adv. This is a cold, cold world—and the coal dealer is glad of it.

A rolling man gathers lots of dust.

Take It at Night Make Day's Work Light  
**St. Joseph's LIVER REGULATOR**  
for BLOOD LIVER KIDNEYS  
The BIG 25¢ CAN

## KEEPS CHILDREN WELL AND STRONG

FOR children who are weak and thin Gude's Pepto-Mangan is the ideal tonic. It contains the iron they need for pure blood, bodily energy, and firm, solid flesh. At this season every child will benefit by taking it. At your druggist's, in liquid and tablet form.

Free Trial Tablets To see for yourself the health-building value of Gude's Pepto-Mangan, write today for generous Trial Package of Tablets. Send no money—just name and address to M. J. Breitenbach Co., 25 Warren St., N. Y.

## Gude's Pepto-Mangan Tonic and Blood Enricher

Avoid & Relieve COLDS INFLUENZA MALARIA

## WINTERSMITH'S CHILL TONIC

## INFLAMED EYES

## GREEN MOUNTAIN ASTHMA COMPOUND

## Hall's Catarrh Medicine

Of precious time you save great loss When protest is but small. You'll find a really expert boss Is most expert of all.

## Hall's Catarrh Medicine is a Combined Treatment, both local and internal, and has been successful in the treatment of Catarrh for over forty years. Sold by all druggists. F. J. CHENEY & CO., Toledo, Ohio

You may not get all that is coming to you in this world—but look out for the next.

When some people attempt to show their knowledge they display their ignorance.

## Children Cry for "Castoria"

A Harmless Substitute for Castor Oil, Paregoric, Drops and Soothing Syrups—No Narcotics!

Mother! Fletcher's Castoria has been in use for over 30 years to relieve babies and children of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep without opiates. The genuine bears signature of

## Two pleasant ways to relieve a cough

Take your choice and soothe your throat, soothe your lungs. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand!

## SMITH BROTHERS COUGH DROPS