

Health Talks

Reduced to simple English this term means poisoning of the system by harmful bacteria in the intestines. It is usually caused by constipation. Bilious attacks, rheumatism, nervous exhaustion and skin diseases often follow a constipated condition.

Neglect constipation and you lay your system open to the attack of various ailments from "tired feeling" to anemia. Fortunately, constipation can be corrected by regular use of a simple remedy, like James' Digestive Capsules. They invigorate the torpid bowels, muscles and tone up the entire digestive tract. James' Capsules enjoy the reputation of being recommended by physicians. Take them regularly and you can soon bid a "good morning" to constipation. Six at all drug stores or postpaid from James' Capsule Co., Flushing, N. Y.

Mothers!

Children Suffering From Constipation, Flatulence, Headache, Nausea, Bad Breath, Sleeplessness and Irritability often have worms. These strength-sapping intestinal parasites make old and young sickly, listless and fretful.

Frey's Vermifuge

expels worms quickly and keeps children and grown-ups healthy. Entirely vegetable. Contains no mercury or harmful minerals.

30 cents a bottle at your dealer or sent by mail on receipt of price.

E. & S. Frey, Baltimore, Maryland

Baby Loves A Bath With Cuticura Soap

Keeps Baby's Skin Soft and Soothing to Tender Skin

Buy Concord Yarns

Direct from manufacturer at a big saving from the usual market price. Many beautiful shades and beautiful textures. 100 per cent pure wool. 125 per lb. Postage paid on all orders. CONCORD WOOLLEN MILLS, Dept. 471, West Concord, N. H.

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WE GUARANTEE to make your hair grow and keep it in its natural color. No hair loss. No itching. No dandruff. No dryness. No loss of hair. No loss of color. No loss of youth. Write for FREE TRICOLOR. THE GALLIES CO., 1000 Broadway, New York, N. Y.

PARKER'S HAIR BALM

Removes Dandruff, Itches, Reddened Scalp, and keeps hair soft and shining. 15c per bottle. Write for FREE TRICOLOR. THE GALLIES CO., 1000 Broadway, New York, N. Y.

LORES COLDS - LA GRIPPE

in 24 hours. 10c per bottle. Write for FREE TRICOLOR. THE GALLIES CO., 1000 Broadway, New York, N. Y.

CASCARA QUININE

Standard cold remedy world over. Demand lessening. Mr. Hill's portrait on signature. At All Drug Stores - 30 Cents

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for P. R. E. & S. M. P. L. Kellogg & Lyman Co., Inc., Buffalo, N. Y.

DR. J. D. KELLOGG'S REMEDY

Elevator on Airplane

An airplane fitted with an elevator is being constructed for the French army. This will be used by the gunner in charge of two batteries of machine guns, one at the top and the other at the bottom of the fuselage. The machine is a giant bomber. Should an attack come from above, the gunner simply lifts himself by means of the elevator and gets in position to man the top guns. When an attack comes from below he can lower himself the same way.

Danger in Inactivity

"De nada dat does nuffin" but sit around waitin' for good times," said Uncle Eben. "Is liable to fall asleep and miss 'em."—Washington Star.

Sure Relief FOR INDIGESTION

BELLANS INDIGESTION 25 CENTS

6 BELLANS Hot Water Sure Relief

BELLANS

25¢ AND 75¢ PACKAGES EVERYWHERE

RESINOL

Soothing and Healing

Clears Away Blisters

The AMERICAN LEGION

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

ON "THREE-IN-ONE" MEMBERSHIP PLAN

"The membership machine of the American Legion is all oiled up for 1925," is the way Frank Samuel, director of organization and membership at national headquarters of the Legion, characterized the unprecedented membership activity and spirit of rivalry between units in the 1925 membership race.

The fundamental plan for getting members from now on will be based on a "three-in-one" combine, according to Mr. Samuel. The American Legion, auxiliary and 40-and-8, playground society of the Legion, working as a single interlocking, interworking and intercontingent "three-in-one" membership machine, will seek out, ferret out and run down members wherever and whenever there are persons eligible for membership in the Legion. Details for handling the "three-in-one" membership contests will vary in different communities, but the idea will be the same always: that of creating a lively spirit of conquest among the Legion and auxiliary and the 40-and-8 in signing up members for the Legion. The "three-in-one" contests are formed with military units, baseball teams, dragoon races or any other units where the element of competition is present.

With "three-in-one" under the national leadership of the Legion, auxiliary and 40-and-8 have issued the call to arms to their respective Legions. Jim Drain, national commander of the Legion, thundered, "The least you can do and still rate a Legionnaire with character 'excellent' is your renewal and one new member. It is your duty. Do it now." Mrs. O. D. Oliphant, national president of the auxiliary, determined, "The most practical way in which the auxiliary can justify its existence as a powerful supplementary force of the Legion is by getting out in the field and getting new members. We will do it." George Jackson, chief de chemin de fer of the 40-and-8, commanded, "Get back of the Legion membership drive with the personal touch. The 40-and-8 can supply and each Voyager sign up a squad of members for the Legion. Every man in the 40-and-8 is hereby made a corporal with the objective of taking seven members into the Legion to fill out the squad of 50 per cent."

With such cooperation between the three great bodies of the Legion the membership machine has been "hitting on all four" throughout the width and breadth of the land. Departments and posts are going to have more members signed up for 1925 in a short time than they had for the whole year of 1924 if reports reaching national headquarters are any criterion. "Last year at this time we had no 1924 membership cards; today we have more than 2,500 cards paid up and received from 114 posts," was the bulletin from the department of Illinois reaching headquarters by November 15. Again, "At this date (November 10) a year ago we had just 21 members for 1924 paid up; we now have the first thousand members for 1925 paid up from Michigan. So it goes throughout the Legion, beligerent and bristling with membership competition—the slat of bulletins these days read: "We beg to advise that we have just passed our 1924 membership and are herewith applying for a citation from national headquarters."

Kansas Auxiliary Aids Hospitalized Nurses

Here on the fringe of civilization, Fort Bayard, N. M., far from the glittering marts of cities and the delicacies and refinements of life that make the average American woman's existence a pleasing luxury, a group of disabled ex-service nurses of the World War awake one morning recently to gaze enraptured upon a kaleidoscopic array of silks, satins, laces and filigrees. All the accoutrements, in fact, of dainty womanhood were there in great abundance. The American Legion Auxiliary of the department of Kansas, with keen womanly compassion, said, "It takes more than merely 'clothing' to make a woman happy—what she wants is 'clothes'—there's a difference." They forthwith raised what they called a "Lace and Liberty" fund through popular subscription and bought the elegances which made the ex-service nurses hospitalized at Fort Bayard happier than any occurrence since the armistice.

Cumberland Post Wants Boat Named for City

Fort Cumberland post of the Legion, Cumberland, Md., will ask the mayor and city council to request the Navy department to name a light cruiser or gunboat for the city of Cumberland. It is pointed out that there has not been a ship in the navy for years named Cumberland. During the Civil War the wooden frigate Cumberland was sunk by the ironclad Virginia. The wooden Cumberland put up a good fight against its armored antagonist. This led to the clash between the Monitor and the Merrimack which revolutionized warfare at sea.

HEADS DEPARTMENT OF HOOSIER STATE

Thomas Scott McConnell, newly elected commander of the Indiana department of the American Legion, entered the army shortly after the declaration of war in 1917 and resigned his commission on July 4, 1920. Entering the first training camp at Fort Benning, Harrison, he was transferred to the heavy artillery school at Fort Monmouth and was commissioned a second lieutenant in the coast artillery corps.



Thomas Scott McConnell.

After resigning his commission Mr. McConnell went to Fowler, Ind., where he still lives. He is treasurer of the

corporation of the Benton Review shop. He was married in December, 1917, and is the father of two children.

The new Indiana commander has been active in the Legion. He was district chairman of the Tenth district of the Legion in 1923-1924, following which he was elected department commander.

LEGION IS PRAISED

COL. LINDSEY BLAINEY, president of the Texas State College for Women, third largest women's college in the world, lauded the American Legion in an address made at the Texas fair recently. "The Legion," declared President Blaine, "stands four-square for the four cornerstones of this great republic—the home, the school, the church, and the law. The great trouble with many today is the fact that it seems that we are not quite sure what kind of a home, or school, or church or law we want in this country. Too many of us are so busy demanding 'our kind of home, or school or church or law' that we are showing a dangerous impatience with all these things as conceived in the minds of the great framers of that Magna Charta of American liberties, the Constitution of the United States. The Legion has sensed its great message of tolerance and is living it in its every act and deed."

Just a Little Rusty on That Overseas Gab

When a fellow on his honeymoon has allowed certain idiosyncrasies to impress the blushing bride, to wit: Telling her he's a World War hero, posing as a Rockefeller and flashing a few blue checks to support the claim, etc., but he should confine his efforts to the enthralled bride alone and not to American Legionnaires. Calvin A. Smith of Indianapolis learned this his sorrow recently. Upon being brought before Judge Delbert O. Winthorpe, who is an overseas veteran, Smith, charged with issuing a fraudulent check with which to defray the expenses of a honeymoon, told the judge that he was an overseas veteran in an attempt to obtain lenity.

Campaign to Increase Facilities of Hospitals

Improvement in the hospitals for California veterans and a campaign to increase the hospital facilities in this state has been begun by the American Legion officials, headed by State Commander Nathan F. Cosmides. Efforts will be made to have the government add more beds to these hospitals for the care of World War veterans, and the California Legion men will cooperate with the National American Legion in its program of rehabilitation which is to be carried on under the direction of Watson R. Miller of Washington.

MORE HOSPITAL ROOMS NEEDED

State Patients Sleeping in Halls of Institutions. Statement By Wire Head

LEGISLATION TO BE ASKED

Interesting News Item Briefly Condensed. Picked At the Department Which Of Interest To The People of the State.

Harrisburg, Pa.—Unless Pennsylvania wants to start a public scandal a few years hence it will start an adequate building program this year for housing institutional patients. Dr. Elton C. Potter, secretary of welfare, declared in a statement. She said this can be done only if the funds are made available by the Legislature.

The statement made public in connection with a report to Dr. Lockard Fox of the State Chamber of Commerce which stated information relative to appropriations made to state semi-state institutions from 1909 to 1923, inclusive. Figures accompanying the statement and letters showed appropriations had increased from \$63,253 in 1909 to \$16,555,438 in 1923.

Dr. Potter declared there was a "growing need" for Eastern and Western hospitals for the treatment of defective delinquents. She said it was necessary to have the increase in corridors, office buildings and other needs in building new hospitals to build out of current funds because constitutional limitations do not permit within five years any increase.

Investigating Hospitals. The State Commission taking an investigation of all hospitals following enactment of a legislative resolution for inquiry whether the hospitals were in better credit met for discussion of financial ideas preparatory to a report later in the month. Potter had three months each month's work reading and assigned staff books and noting his views on the papers. The report will go to the Legislature.

Will Discuss Taxes. Details of the State Commission meeting and some of the discussions were reported by the "Post-Intelligencer" of this city. The meeting was held on December 21. The Commission is now in the duty of making a report of January 1 and owing to the numerous over estimates of revenue the report will be the high point of coming session, and there have been a multitude of ideas suggested.

State Motor Fees. Motor licenses, title and fees, as well as fines, this year produced \$121,792,534 in revenue for the state highway department. The year 1924-25 (passenger motor vehicles) registered for this period, it was announced, last year 945,600 passenger vehicles were registered. Added to this revenue this year was \$100,000 for registration of nearly 100,000 motor cars under the new law.

Ask Higher Rates. Increased rates suggested by eight water companies were consumers in Montgomery, Thompsonville, Indiana and Mercer county. It was scheduled to be effective January 1, announced by the public service commission. Other rates for the Montgomery, Thompsonville and Mercer county rates were also announced.

Many Cream Separators Used. An interesting study of cream separators used on farms owned by the Department of Agriculture showing the number of separators of Pennsylvania use of separators. The percentage of separators used ranges from eighty percent and seventy-two in Clark to three in Delaware and Bucks.

The scientist who views the human face is growing more keen looking at campaign posters.

With everybody else, save the farmer it looks as if he should be enough salvation to be found.

When you can force enough to lend you money, you are a success.

The University of Edinburgh will set a new record for altitude with a fifty-two story.

THE CLOWN'S CHRISTMAS

By Mary Graham Bonner

(© 1924, Western Newspaper Union.)

FOR YEARS he had been funny. For years he had painted his face, worn funny clothes and had made jokes.

He had traveled first of all in this country with a road circus. Then, when the road circus was going out of business, more or less, he joined a road circus abroad.

And now he was very old. But every afternoon and every night for ten months of the year he made jokes. He was in a small circus, too, so sometimes he had to take other parts.

The performing fox terriers acted with him. They were his pets. And how he loved them. How could some people be unkind to their pets?

Not the old clown. There was the donkey, too. When he paid too much attention to the dogs the donkey came along and gave him a push to tell him that the donkey, too, wanted some attention.

And now he had planned to have a holiday. A long holiday. He would take a little place and with his donkey and his fox terriers they would rest after their work.

They would not join the circus another year. They were all old. How tired he had become after some of the performances that year. He had washed his face in the basin

of cold water outside his wagon and had not even bothered to get off all the makeup.

The water was cold. It was hard to heat water after the performance was over, and only a little of the point came off only a little cold-looking pink water was at the bottom of the basin.

But the dogs didn't mind. They slept on the end of the side of his cot in his wagon. They jumped in after him each evening, and they each kissed him good night. They didn't mind paint. They were used to it.

Oh, yes, he would take a long, long holiday. He would rest on the little he had managed to save. It would be enough for him and his pets.

But as the days passed along he seemed to feel rested and the pets seemed to have new vigor and strength. It was splendid to feel rest. A family had invited him to Christmas dinner—and he had accepted and he had asked, too, if he could come with his donkey and bring his dogs along. They, he said, would help put on a little show for the children.

It was all agreed. But when Christmas afternoon came and the Christmas dinner was over, and the old clown was beginning his show for the children, he knew then that he could never take more than a few months' holiday from being a clown.

The laughter and the delight and the shrieks and the cries of joy from the children were things the old clown could not get along without.

This Christmas had shown him that.

Naughty Papa

properly cooked—because we got out of our father had to go to the woods and kill wild turkey.

"Oh, grandma, how thrilling! Did you get a turkey?"

"Yes, your grandfather came in with it. Peg cooked four, for we were expecting all the kinfolks from both sides of the house. This was the day before, and our kinfolks began coming that evening for some lived ten miles and it was too far for the oxen to make the trip in time next morning.

Oh, yes, we drove oxen—and I much prefer them to these human killing automobiles of today.

Both Julia and Junetta laughed. "Oh, do go on, grandma."

"Well, we were to be married at high noon Christmas day, so by ten o'clock Christmas Eve our feather beds were full. We didn't try to put more than six in one bed—three at the head and three at the foot—beds were made on the floor all over the house, and we slept as soundly as you on your fine box springs of today, and nothing disturbed us only an occasional snore, and that wasn't half as bothersome as the snoring of these flying machines.

"Well, the next day dawned fair, and I think everybody said 'Happy is the bride the sun shines on.' Peg assured me the cakes were fine and turkeys tender. The great, long table was 'set' and we were married under a bough of mistletoe—and your grandfather kissed me for the first time. I'm sure no girl of today can say that. Everybody shook my hand and wished

Trying to Get Station S-A-N-T-A

By Emily Burks Adams

(© 1924, Western Newspaper Union.)

A REAL SANTA CLAUS

SINCE we must have our Christmas trees the chief problem is how they are to be obtained. The cutting, shipping and selling of Christmas trees has developed into an established business, extending over the entire country. One large shipper of New England has been in the business forty years and in that time has sold many thousands of carloads of trees. Some of these have been shipped as far south as Texas and as far west as Chicago. This pioneer in the industry is now eighty-two years of age, but he is still active, and curiously enough he is a real Santa Claus in appearance.—Frank Herbert Sweet.

(© 1924, Western Newspaper Union.)

Her Christmas Wedding

By Emily Burks Adams

(© 1924, Western Newspaper Union.)

AND MOTHER, tell us a real Christmas story—one you really experienced. Tell us the very best Christmas you ever had—

Julia and Junetta, grandmother's

adored granddaughters, settled themselves, for, to them, no one could tell stories equal to grandma's.

"All right, girls, that won't be hard. The very best Christmas I ever had was my wedding day. I was married on Christmas day and the most precious gift I ever received was your grandfather."

"Well, it was like this: Our Christmas and weddings were very different from now. My wedding dress was a pretty calico, the first I ever had, and cost one dollar a yard. Up to this time I had worn woolsey, we called them, and I spun and wove it. My mother was afraid I'd take cold, so I had to wear my calico over the wool. We didn't have hope boxes then—we had hope boxes. It was a disgrace for a girl to marry and not possess a feather bed and some quilts and a pair of home-made blankets. I had all these, to be sure.

"My worst worry was for fear Peg's cakes would be flat, for she had a habit of spelling cakes by making them too rich, when she wanted them especially good. I, too, wanted the plum pudding just so, and the turkeys

our home, four miles away—a one-room log house built by grandpa. Your mother was born there.

"That was a great Christmas, and we were happier in one room than those in mansions today.

"Oh, that was a great day! Yes, it was truly Christ's day and Christ's way. The same Savior reigned then as now, and he has the same message—I go to prepare a place for you, that where I am there ye may be also."

"Good night, girls, grandma must retire. Tomorrow is Christmas day, but sixty-seven years ago I received a gift better than any I'll get tomorrow. I'll be with father before another Christmas rolls around and there'll be another great Christmas and the same Christ will reign. Good night, dears."

A Christmas Prayer.

By ANNA LOUISE STRONG

in Life and Light

SWEET Child of Peace, across the ancient strife, Bringing glad melody of angel peace, Our hearts are restless with the care of life— O, bring to us Thy calm!

Dear Lord of Love, the world is waiting still, The high achievement of Thy gracious plan, O, grant us Thine all-conquering good will, Thy loving faith in man!

Master of Death, Thy greatest gift is yet— To know Thy sacrifice, to share Thy love, Lead in the mirth of Christmas we far— O, bring to us Thy calm!

The glory of the Cross.

Little for Rest of Year

The trouble with such a lavish distribution of Christmas spirit is that a number have little left for the rest of the year.