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Suspensory and Garters Make Ideal Xmas Gifts. Sold and guaranteed by leading druggists.

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Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

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

AS SURE AS DAWN BRINGS A NEW DAY CASCARA QUININE

ALL WILL DRINK THAT OLD AND MAKE YOU FEEL TOMORROW

PARKER'S HAIR BALSAM

Removes Dandruff, Stops Hair Falling, Restores Color and Beauty to Gray and Faded Hair

HINDERCORNS

Removes Corns, Calluses, etc. Stores all pain, soothes comfort, makes walking easy.

Shave, Bathe and Shampoo with one Soap.—Cuticura

Cuticura Soap is the favorite for safety shaving.

Cuts short Colds Coughs

Check development of the cold that might lead to something serious. This simple treatment cools and soothes inflamed, irritated membranes;

DR. KING'S NEW DISCOVERY — a syrup for coughs & colds

Problems in Agriculture. The state agricultural experiment stations are studying 4,770 specific problems relating to the agricultural industry of the country.

MURINE Night Morning Keep Your Eyes Clean, Clear and Healthy

THE AMERICAN LEGION

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

BLIND MAN MEETS OLD BUDDY

British Hero, Here to Attend Inter-allied Veterans' Convention, Recognizes Voice of Former Comrade.

Although he is totally blind, Capt. William Appleby of Great Britain was one of the most cheerful delegates to the Interallied Veterans' association convention which met in New Orleans in conjunction with the American Legion national gathering.

Captain Appleby was especially happy when the delegation of war heroes stopped in Indianapolis on the way from New Orleans, for only a few minutes before his arrival there he had met, by strange coincidence, a man whom he had not seen nor heard of for twenty-two years, but who was in his regiment, Lancashire Fusiliers in 1900, and who was born only ten miles from him in England. Captain Appleby recognized him by his voice.

As Alfred Ernest Evans, an Indianapolis engineer, walked through the train as a member of the Indianapolis committee to welcome the heroes, he was stopped by an Englishman who asked his name.

"My name, sir, is Evans," he replied. "Alfred Evans, of the Lancashire Fusiliers?" he was asked.

"Yes, sir. Who are you?" "Captain William Appleby, your former regimental commander."

And then they began, busily recalling incidents of the South African battles they fought together in 1900. "I recognized Mr. Evans' voice the minute I heard it," the English hero said.

Captain Appleby lost his sight in the second battle of Ypres. He has also been wounded 20 times. His pretty nineteen-year-old daughter Olga, his constant companion and his "eyes" since he lost his sight, accompanied him on the American trip.

GUDE IS AN EXPERT OARSMAN

Washington (D. C.) Legionnaire, Carries Off Junior, Intermediate and Association Prizes.

It takes years to produce a good oarsman, rowing experts claim, but Granville Gude, a Washington, D. C., member of the American Legion, won one of the biggest national contests after he had been rowing only six weeks, thereby establishing a precedent in the sporting world.

Gude won the junior, intermediate and association events in one afternoon with only short intervals of rest between races at the Middle States' regatta.

The Washington Legionnaire is at his best in the sculling races and is expected by his buddies to win a national championship one of these days.

RADIO OUTFIT FOR HOSPITAL

Government Institution at Colfax, Ia., Equipped With Set Provided by Members of Auxillary.

Patients in the United States Government hospital 75, at Colfax, Ia., are enjoying daily, and nightly, all the good things which come through the air from many broadcasting stations, with a large radio outfit women of the American Legion auxiliary have presented them.

And disabled veterans who are at the Bellevue Vocational school near Omaha, Neb., are taking delight in a saxophone, a set of bells, a trombone and a cornet, presented by the same auxiliary—the Department of Nebraska—to complete their orchestra.

In the Iowa hospital, in which there are many Nebraska boys, each bed has been fitted with a receiver, so the patients may listen in at any time, and a magna vox has been installed in each corridor so that all in the rooms of the corridor can hear all the programs.

The Nebraska women also have sent boxes to the disabled veterans in hospitals in Iowa, Nebraska, Kansas and Missouri, and at Denver, Colo., and Fort Bayard, N. M.

Gave Funds for Playgrounds.

After spending two years in acquiring funds for a clubhouse, the American Legion post at Mangum, Okla., decided the children of the town needed a playground worse than the former service men did a clubhouse. Accordingly, the Legionnaires obtained an eight-year lease on a plot of ground and used the fund they had been so long in collecting to purchase play ground equipment.

BEST INFORMED LEGION MAN

Columbia (S. C.) Committeeman Up on All Hospitalization and Rehabilitation Questions.

"The best informed American Legion member in this country on all questions dealing with hospitalization and rehabilitation," is the way Alvin Owsley, Legion commander, describes Joe Sparks of Columbia, S. C., newly-appointed chairman of the Legion's national rehabilitation committee.



The ability of Mr. Sparks to co-operate with the United States Veterans' bureau was also named by Mr. Owsley as one of his strongest recommendations.

Mr. Sparks' work as Legion liaison representative at the headquarters of the Fifth United States Veterans' bureau district has drawn national attention to such an extent that Legion headquarters has received a flood of telegrams from the North and West urging his appointment since the Legion convention.

During Mr. Sparks' term the Fifth district was rated more than 82 per cent efficient, the highest of all 14 districts. Out of a total of 2,800 patients in ex-service hospitals, 2,100 veterans have been rated total temporary disability and 499 claims are being adjudicated.

Although Mr. Sparks was well over the draft age, he served as a "buck private" in the Fifty-seventh and Third Pioneers during the World War. Mr. Sparks was born in Laurence county, S. C., thirty-seven years ago. Later he went to Columbia, where he got a job as a newspaper reporter. He was city editor of the Columbia State, one of the most influential newspapers in the South, when he enlisted.

Returning from the army, Mr. Sparks became connected with a large New York life insurance company. His work with the Legion has been in Atlanta and in New York.

THAT WELCOME COOKIE JAR

Recent Addition to Hospitals, Provided by the American Legion Auxillary, is Welcomed by Veterans.

If you imagine for a minute that the veterans in the military hospitals throughout the country don't appreciate the cookie jars which the American Legion Auxillary established, re-

cently, just note the expressions on the faces of these three ex-soldiers.

These veterans are from the Government hospital at Kansas City and the National Military home at Leavenworth. At the present rate of consumption, patients from these two hospitals will have eaten in the course of a year cookies which if placed side by side would extend 12 miles. Some cookies!

NEED OF PHYSICAL EXERCISE

Director of Legion's Americanization Commission Cites Reasons Why Many Were Disqualified.

Most of the physical defects which disqualified almost a quarter of the men examined in the army draft could have been prevented by adequate physical education programs, according to Garland W. Powell, director of the American Legion's Americanization commission.

A prominent medical authority makes the following statements on the subject of draft disqualification, according to Mr. Powell:

"1. Heart disease could be prevented by proper strengthening of the heart through physical activities, removal of physical defects such as bad tonsils and infected teeth. 2. Malformation of the limbs may be prevented to some extent by proper physical activities. 3. Defective vision oftentimes could be prevented by exercise. 4. Undersize would not exist in many cases if there were physical activity and proper instruction in regard to nutrition, preparation of food and the like. 5. Hernia undoubtedly in the majority of cases would be prevented by the development of abdominal muscles. 6. Instruction in care of the feet and selection of shoes will prevent a large proportion of flat feet."

A Little Hint.

Actor—What are the rates at this hotel? Clerk—Three dollars up. In your case three dollars down.—American Legion Weekly.

ALL THAT INTERESTED HIM

Small Boy Was "Here," and the Rest of the Matter Was Not of Importance.

A country merchant was in his store when a little boy came in and the following conversation ensued:

"Boy, what is your name?" "My name is Ephum, suh."

"Well, Ephum, what is your daddy's name?" "Ah ain't got no daddy."

"Is your daddy dead?" "Naw, suh, Ah ain't never had no daddy."

"What is your mammy's name?" "Ah ain't got no mammy."

"Why, is she dead?" "Naw, suh, Ah ain't never had no mammy."

"Well, if you never had a mammy and daddy, how did you get here?" "Ah dunno, suh. Fust time Ah knowed anything, Ah wuz here."—Los Angeles Times.

Cuticura for Pimply Faces.

To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum. Advertisement.

Tuberculosis Reduces Average Life.

According to recent statistics prepared by the National Tuberculosis association, two and one-half years would be added to the life of each individual in the United States if tuberculosis were eliminated as a cause of death.

During the past 17 years the death rate from the disease has been reduced exactly one-half, but there are still more than 1,000,000 cases of tuberculosis in the country. Tuberculosis workers, encouraged by the results of their efforts, are planning a more intensive campaign for the coming year in order to spread further education regarding the disease among the public, as it is their conviction that it can in time be entirely eradicated.

FREEDOM FROM LAXATIVES

Discovery by Scientists Has Replaced Them.

Pills and salts give temporary relief from constipation only at the expense of permanent injury, says an eminent medical authority.

Science has found a newer, better way—a means as simple as Nature itself.

In perfect health a natural lubricant keeps the food waste soft and moving. But when constipation exists this natural lubricant is not sufficient. Medical authorities have found that the gentle lubricating action of Nujol most closely resembles that of Nature's own lubricant. As Nujol is not a laxative it cannot gripe. It is in no sense a medicine. And like pure water it is harmless and pleasant.

Nujol is prescribed by physicians; used in leading hospitals. Get a bottle from your druggist today.—Advertisement.

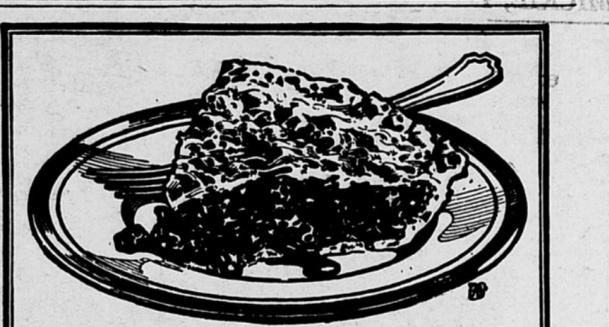
"Is your son in college?" "Technically, yes."

"Hey?" "He is touring the country with the glee club just now."

Taking No Chances. "Now between you and me and the graphophone—" "Naw, the graphophone might talk."



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Taste them and you'll know why there's no longer need to bake at home.

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a delicious sauce! There's nothing left to be desired in a pie.

Made with finest seeded Sun-Maid Raisins. 1560 calories of energizing nutriment per pound in practically predigested form. Rich in food-iron, also—good food for the blood.

Make cakes, puddings and other good foods with them. You may be offered other brands that you know less well than Sun-Maids, but the kind you want is the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.

Mail coupon now for free book of tested Sun-Maid recipes.

SUN-MAID RAISINS The Supreme Pie Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:

Seeded (in 15 oz. blue pkg.)—20¢ Seedless (in 15 oz. red pkg.)—18¢ Seeded or Seedless (11 oz.)—15¢

CUT THIS OUT AND SEND IT Sun-Maid Raisin Growers, Dept. N-548-13, Fresno, California. Please send me copy of your free book, "Recipes with Raisins."

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Fargo Directory

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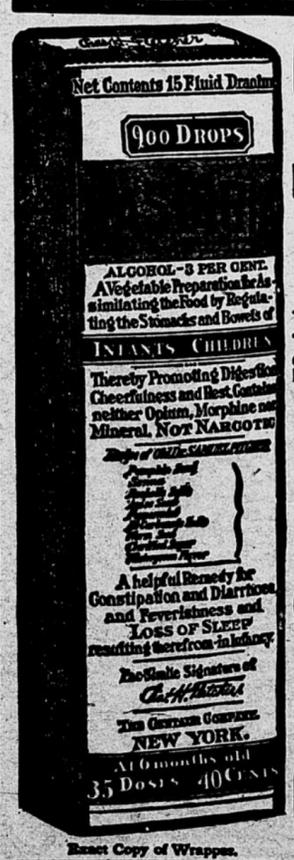
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