Gen. A. J. Smith Post, 582,

Harrison Post 91,

DePere. Wis., has installed the follow

Defere, Wis., has installed the following officers: Commander, A. P. Schmidt; S. V. C., Augustikucheniqueker, J. V. C., Joseph Martell; Surgeon, R. D. Phelps; Chaplain, H. J., Peep; Q. M., Thomas Turriff O. D., Simeon Taylor; O. G., Oliver Dezaller; Adjutant, William Handeyside; S. M., J. M. Whitley; Q. M. S., E. E. Bailey

Editor National Tribune: I see you are still fighting the comrades' bat-

save the name, and other pension haters. Their ancestors were doubtless

-W. L. Eaton, Honolulu, H. T.

Sumner Post and Sumner Corps

tmos Shesler.



If the skin is broken, nothing is bet- graham bread. ter than cold water, but if the skin is creases the evaporation and produces a greater degree of cold, and thus contract the contused edges of the blood tract the contused edges of the blood.

In the sunshine to dry, They will shrink B. S. Dunbar; Q. M., J. Tennent; Chaplain, W. A. Limboken; O. D., R. W. passed the House. I am sorry that the McGrew; Surgeon, C. Drown; Adjutant, 1890 widow clause was not eliminated. is, which are the real cause of

If a few drops of turpentine are sprinkled on a damp duster when clean-

To make cream of onion soup:
Cook two medium-sized onions until tender, then press them thru a sieve and set aside until the soup is prepared. For four people allow four tablespoonfuls of butter, and when melted add four of flour and stir until mixed; then pour in a quart of hot milk; when creamy add the onion puree, salt and pepper to suit, and cook up for a few moments to heat the onion. As some flours thicken more readily than others, if the soup is more than just creamy add more hot milk.

Chaplain, F. F. Rexford; O. D., N. M. Richardson; O. G., S. J. Shaw; Trustees, Slias Crowell and Gideon S. Case; Patriotic Instructor, W. A. Halsey; Adjuntant, C. T. Hilton; Sergeant-Major, W. S. Springer; Q. M. S., C. T. Miltimore. Gen. O. M. Pinc Post, 433, Detroit, Mich., has installed the following officers: Commander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. A. Widrig; S. V. C., A. T. Strong; J. V. C., R. Cormander, S. V. C., R. Cormander, S. V. C., R. Cormander, S. V. P. C. Strong, J. J. D. George W. Clements; Surgeon, Dr. J. D. George W. Clements; Surgeon, Dr. J. D. Burke; Chaplain, A. T. Phelps; Q. M. S., James McEride; Sergeant-Major, Cornettan just creamy add more hot milk. than just creamy add more hot milk.

To make cheese custard:

ing the paper over in such a way as too soft.

finely chopped; add a little lat bacon minced and moistened with water. Mix on a plate a tablespoon of flour, sait and pepper to season well. Cut the liver in thin slices and dip each in the flour. Put a layer of liver in the bottom of a dish, then a layer of dressing; continue till all is used, having a line same of flour, and gradually a cup-flue state of fluers. Ferris Post, 309,

Department of Illinois, has installed the following officers; Commander, William Wilson; S. V. C., Frank Atkins; J. V. C., Fisher Fay; Chaplain, George White; Surgeon, Dr. William Kaull; Q. M., and gradually a cup-flue state of fluers and nuts, season to taste, add one egg well beat-following officers; Commander, William Wilson; S. V. C., Frank Atkins; J. V. C., Fisher Fay; Chaplain, George White; Surgeon, Dr. William Kaull; Q. M., A. C. Rest, O. D., John Norberg; O. G., June 4. ing; continue till all is used, having a layer of liver on top, well in the middle of the dish. Pour over a cup of stock, or if you have no stock hot water with a little butter in it. Cover with a short

teaspoonful of oil, added just before taking up, to every quart of split pea, bean, potato or other soup lacking fat greatly increases its richness as well as flavor. A child-soon learns to like the to express on behalf of many friends Shea; S. V. C., S. W. Kelsey; J. V. C., taste of olive oil on bread in place of of yours an appreciation and thanks Joseph Quaid; Chaplain, P. S. Liverbutter, while any kind of cold meat that for the work which has been cone by is to be recooked is improved by hav-

half an hour before heating. Comforters should be amply long to tuck in at the end and sides, and then some, for when we lie down we do not care to have chills creeping up and down our spines because of stinted coverings. And again, if the covers are and so filled the heart and thought of pulled snugly under the chin, the feet should not have to be drawn up out of the cold to keep them warm.

Here is a salad or sandwich filling,

heavy and bearing down sensations, from compelled to go out canvassing to meet unnatural discharges and drains on the system, periodical pains and irregularity; nervousness, languer, weakness, nausea, faintness, melancholy, desire to cry, inck of viniting and ambition, sleeplessness, inability or aversion to perform natural duties, inflammation, congestion or ulceration of the variant of piles from any cause, the book and treatment will be mailed to you promptly on recipit of your name and address.

If let run on without now without now in the system of \$17 per der; S. V. C., R. Lowndes; J. V. C., E. Evans; Surgeon, I. Kahn; Chaplain, J. Ziemer; Q. M. J. Galvin; O. D., D. N. Perry; O. G., H. Franklin; Adjutant to read and ponder well the following words:

If let run on without now without now without now in the system of \$17 per der; S. V. C., R. Lowndes; J. V. C., E. Evans; Surgeon, I. Kahn; Chaplain, J. Ziemer; Q. M. J. Galvin; O. D., D. N. Perry; O. G., H. Franklin; Adjutant to read and ponder well the following words:

SENORA SARA.

Did you ever try cracker ouffs?

Split the crackers (six Boston butter crackers) and soak them for half an phour in cold water. Take them out with a skimmer, being careful not to break a skimmer, being careful not to break them, and place in a buttered pan, interested up. Butter each half and place in a buttered pan, interested up. Butterson Post, 151, because on the following officers: Commander, E. A. Packer; S. V. C., J. B. Miller; J. V. C., L. B. Miller; J. V. C., L. D. M. W. M. Watson; Adjutant, J. C. Baldwin; Q. M., W. M. Watson; Adjutant, J. C. Baldwin; Q. M., W. M. Watson; Adjutant, J. C. Baldwin; Q. M., W. M. Watson; Adjutant, J. C. Baldwin; Q. M., W. M. Watson; Adjutant,

. . . whole, a compress dipped in equal quantities of whisky or brandy and water is more effectual. The spirit into the modern of the under side, and set upside down to the under side, and t To get porch chairs that have sagged Manhattan, Kan., has installed the fol- ties against the World's Work, Heaven

> To make a good meat pie: Cook the bones and trimmings of cold S., J. A. Sterrett. roast beef and a small sliced onion for

ut a cover) until the custard is firm. Hus O'Dwyer; Patriotic Instructor, A. Or, if you are too hygienic for a pie, T. Strong. sImply bake the pumpkin custard in a

waxed paper, cut side down, and folding the paper over in such a way as to exclude the air.

To make bread and nuts into cutiets chop together or run thru a meat grinder two cupfuls of bread crumbs and one cupful of shell walnuts. Mix in a tablespoonful of minced onlon and sened with onlon, parsley and thyme finely chopped; add a little fat bacon minced and moistened with water. Mix minced and moistened with water. Mix in grand and gradually a cupful of milk. Stir in the bread and nuts into cutiets chop together or run thru a meat grinder two cupfuls of bread crumbs and one cupful of shell walnuts. Mix in a tablespoonful of minced onlon and a small piece of butter. Melt in a hot saucepan a tesspoonful of butter and the same of figur, and gradually a cupful of milk. Stir in the bread and nuts.

Itoo soft.

To make bread and nuts into cutiets chop together or run thru a meat grinder two cupfuls of bread crumbs and one cupful of shell walnuts. Mix in a tablespoonful of minced onlon and a small piece of butter. Melt in a hot saucepan a tesspoonful of butter and the same of figur, and gradually a cupful of milk. Stir in the bread and nuts into cutiets chop together or run thru a meat grinder two cupfuls of bread crumbs and one cupful of shell walnuts. Mix in a tablespoonful of minced onlon and a small piece of butter. Melt in a hot saucepan a tesspoonful of butter and the same of figur, and gradually a cupfuls of milk. Stir in the bread and nuts.

ing a little oil poured over it at least Congressmen toward the passage of one leaving the leaving the passage of one leaving the passage of one leaving the presented to Congress; towit, the Sul-

Such is the legacy which these bighearted, unselfish men will leave to posterity. I cannot conceive how anyone
terity. I cannot conceive
to do so. It is my way—the way
I have thought out by which I can best
Stop he heart's beat a

mailed free to every woman.

This book has explanatory illustrations showing why women suffer with these ailments and tells how to cure them at home that has sixen relief to lean back in his chair, as it were, that has sixen relief to lean back in his chair, as it were, that has sixen relief to lean back in his chair, as it were, and inhale deeply the breath of peace.

From all parts of the country come daily many grateful letters from ladies whose hearts overflow with gratitude because this pleasant preparation restored them to old time health and strength.

I have in mind an old soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and came back broken in health from exposure in the long service, so that his earning capacity has since been very constant.

I have in mind an old soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and soldier, near-ling his 80th year, who marched to the front in vigorous young manhood, leaving a wife and three little ones, and leaving a wife and leaving a wi posure in the long service, so that his C. Jacob Yeager; Surgeon, W. H. Benearning capacity has since been very limited. Now, at the age of 78, the good wife and mother, who virtually gave beavy and bearing down sensations, from the long service, so that his C. Jacob Yeager; Surgeon, W. H. Benearning capacity has since been very limited. Now, at the age of 78, the good wife and mother, who virtually gave up her heart's blood—her husband—is Adjutant, C. Lemon; S. M., M. Shreves.

NEW POST OFFICERS.

Lee's Summit, No. fins installed the following officers: Commander, D. W. Many Posts Install Their Officers for Guian; S. V. C. Samuëll Dryden; J. V. C., John Hook; Q. Marel, H. Nichols; Chaplain, A. M.oWares Adjutant, H. C. Williamson; O. D. H. C. Lesher, O. G., the Year 1911. Homer Fost, 263.

Department of Illinois, installed the following officers: Commander, H. J. Wiggins, S. V. C., George Oaks; J. V. C., A. J. Conkey; Surgeon, J. M. Knight; O. D., S. B. Sager; Q. M., J. M. Ochel-trec; O. G., W. W. Michener; Adjutant M. M. Dungan; Q. M. S., A. Hickman Sergeant-Major, P. Judge.

Post 25, Trinidad.

ner side up. Butter each half and place in a hot oven. It must be very hot, or the cracker will not puff. In a half hour they should be well puffed and hour they should be well puffed and brown.

Cayenne pepper is excellent as a means of ridding a cupboard of mice. The floor should be gone over carefully and each hole stopped up with a piece of rag dipped in water and then in cayenne pepper.

If the skin is broken, nothing is bet
balve one pint of salted peahuts, rejecting the red skins. Press the yolks in a hot oven. It must be very hot, or ferse they folks in a hot oven. It must be very hot, or ferse they folks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in a hot oven. It must be very hot, or file skins. Press the yolks in the instruction for three hard-boiled eggs thru a sieve. Allegheny, N. Y. has installed the following officers: Past Commander, Asa S. Wing, S. V. C., V. R. King; J. V. C., J. Geiger; Adjutant, Charles E. Whit, ing; Surgeon, Dr. S. B. McClure; Q. M., M. Davis; O. G., J. C. T. Capt. T. D. Swartz Post, 24, M. S., John Hepline; I. G., Michael Moody; O. G., one of the U. S. C. T.

Capt. T. D. Swartz Post, 24, M. S., Sh. A. C. T. Capt. T. D. Swartz Post, 24, M. S., Sh. A. C. T. Capt. T. D. Swartz Post, 24, M. S., Sh. A. C. T. C. T. C. W. S. C. T. C

Clure; Alternate, Frank Walters. Manhattan Post, 271.

W. E. Rhodes; S. M., W. Lewis; Q. M.

John F. Godfrey Post. 93, If a few drops of turpentine are sprinkled on a damp duster when cleaning windows they will be found to dry quickly and cleanly, and can easily be polished with a dry duster. This is a particularly good hint for damp weather.

Strain, and to the broth small sized only into small pieces. Season with salt and pepper and cook slowly until tender. Pour into a baking dish and cover with potato crust. Bake until the crust is done.

Stevens: Surgeon, Dr. C. P. Buckner: Chaplain, F. F. Rexford; O. D., N. M. Hichardson; O. G., S. J. Shaw; Trustees.

Naval Post, 576,

The W. R. C. officers installed were:
New York City has installed the following officers: Commander, Andrew J. Catherine Mortz; J. V. P., Ruth Crogillman; S. V. C., Henry J. Kearney; foot; Chaplain, Jennie Alexander; J. V. C., John L. Martin; Surgeon, John Guard, Martha Hodge; Conductor, Guard, Mart

Los Angeles, Cal., has installed the fol-Editor National Tribune: Permit me lowing officers; Commander, Thomas J.

that has given relief to so many women after declared and inhale deeply the breath of peace. Daniel Phillips; Q. M., Oscar Seargeant; dectors and other remedies failed.

I have in mind an old soldier, near-Chaplain, Michael Coon.

Sheridan-Ellsworth Post, 67.

ment will be mailed to you promptly on receipt of your hame and address.

If let run on without proper treatment these ailments must eventually make your life a physical and mental misery.

Are you interested in being well and healthy as you once were? Send right now—this very hour and stop this needless suffer or neglect it, for I shall ing. The book and treatment with full directions how to use it will be mailed to you afford to miss this offer since it costs you nothing.

Send no money, just your name and address to Miller Company, Box 115, Kokomo, Indians.

A. H. Coleman Post,

A. H. Coleman Post,

A. H. Coleman Post,

A. H. Coleman Post,

Any good therefore that I can do, or any kindness that I can show to any thing the post officers: Commander, J. W. Riley; S. V.

A. H. Coleman Post,

A. H. Coleman Post,

Any good therefore that I can do, or any kindness that I can show to any thing the post officers: Commander, J. W. Riley; S. V.

A. H. Coleman Post,

Troy, N. Y., has installed the following officers: Commander, J. W. Riley; S. V.

C., H. C. Sommerville; J. V. C., Joshua lot pass this way again."

R. Lowndes.

A. H. Coleman Post,

Troy, N. Y., has installed the following officers: Commander, J. W. Riley; S. V.

C., H. C. Sommerville; J. V. C., Joshua lot pass this way again."

R. Lowndes.

A. H. Coleman Post,

A. H. Coleman Post,

Any forty in the world but once.

Any good therefore that I can do, or any kindness that I can show to any lot for the pass of the set o

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Read these letters

The Stolz Electrophone is a godsend for the deaf. With the Electrophone I hear ordinary conversation without any trouble and I could not and would not be without it. "Julia E. Tay-lor, East Tilton, N. H.

countries.

Send coupon now for offer and long list of satisfie
users. Stelz Electrophose Co., 615 Stewart Fidg., 92 State St., Chicago I inclose list of officers of our Post for the ensuing year: Past Commander, L. L. La Pierre; S. V. C., G. Dietz; J. V. C., E. F. Roberts; Adjutant, W. L. Eaton (acting); Q. M., W. L. Eaton; Surgeon,

Send me, without obligation on my part, full par liculars of your Service Test of a latest improve-Stolz Electrophone. Sam. McKeague; Chaplain, P. W. Rider; O. D., E. A. Strout; O. G., M. Martines. Stolz Electrophone Co., 61 5 Stewart Bldg., 92 State St., Chicag of Portland, Orc., have installed the fol- Conductor, Jessie Wineland; Assistant

Squares an inch thick; dip each piece into the white of an egg diluted with the series of the white of an egg diluted with the series of the white of an egg diluted with the series of the white of an egg diluted with the series of the white of an egg diluted with the series of the white of an egg diluted with the series of the white of an egg diluted with the egg and or namented with the egg and crumbs affect (encover with grated the follow-like) of the series of the series

# Miss Henrietta Kennedy, of 365 Grand avenue, has been elected the first President of Anna P. Cleary Tent of the National Alliance of Daughters of Veterans, which was recently formed at Rochester, N. Y. Miss Kennedy is the daughter of Joseph H. Kennedy, of the 76th Pa., and granddaughter of

Secretary, Nettie J. Danielson; Chaplain, Instant Relief Secretary, Nettle J. Danielson, Charleson, Charleso bell; Guard, Anna Salts; Ass't Guard Annie Greweil; Patriotic Instructor, Sarah C. Wimmer; Press Correspond-ent, Serepta Abrams; Musician, Clarinda Campbell; Color Bearers, Florence Cross, Ellen Naylor, Ella B. Moulton and Sophia Simpson; Delegates to De-partment Convention, Florence Cross and Ellen Naylor; Alternates, Serepta Abrams and Mary Campbell.

Tracy Relief Corps installed the following officers: President, Mrs. Jennie Sayre; S. V. P., Mrs. Jane McLuen; J. V. P., Mrs. Anna Outman; Chaplain, Mrs. Sarah Bates; Conductor, Mrs. Elizabeth Yeaton; Treasurer, Mrs. May Baden; Secretary, Mrs. Elizabeth Dowdall; Guard, Mrs. Maria Ashton; Ass't Conductor, Mrs. Mattle Cahall; Ass't Guard, Mrs. Margaret Maris; Musician, Miss Grace Oatman Color Bearers, Mrs. Bertie Huston Mrs. Emma Hogelin, Mrs. Tillie Young

and Mrs. Lydia Baker; Press Corre-spondent, Mrs. Mary Gillespie; Patriotic Instructor, Mrs. Jennie Lemon Detroit W. R. C.

The Woman's Relief Corps of De-troit, Mich., has installed the following officers: President, Mary B. Hawley S. V. P., E. O. Dromllard; J. V. P., Anna Hempel; Secretary, Cleland Rockelman; Treasurer, Emma C. Goes; Chaplain; Phoebe Chenney; Patriotic Instructor, Tille Eedow; Press Corre spondent, Susan Dominick; Conductor, Oma Stroup; Ass't Conductor, Evelyn Nicholson; Guard, Mary Crawford; Ass't Guard, Mamie Tuttle; Color Bearers, Josephine Beamer, Margaret Howe Kate Annium and Eliza Sebring: Mu sicians, Margaret and Tillie Isler.

A. H. Coleman Corps, 107, installed the following officers: President, Mrs. Lucy Goodrich; S. V. P., Mrs. Sarah Irwin; J. V. C., Mrs. Rebecca

Layton; Treasurer, Mrs. Caroline Ob-linger; Chaplain, Mrs. Hannah Ga-hagan; Conductor, Mrs. Rose Pearson; Ass't Conductor, Miss Ada Sharp; Guard, Mrs. Catherine Genslinger; Ass't Guard, Mrs. Minnle Krayer; Musician, Mrs. Eliza Burns; Press Correspondent, Mrs. Edith Vinnedge.

Harrison W. R. C., 105.

in egg and bread crumbs, and fry in deep fat until brown.

To make apple short cake make a dough of a pint of flour sifted with two treaspoonfuls of baking powder and a leacupful of sweet milk, or what will

Wilson; S. V. C., Frank Atkins; J. V. C., Frank Atkins; J. V. C., Frank Atkins; J. V. C., John Norberg; O. G., John Norberg; O. G., Jan. 4, 1911. Following are officers installed for G. A. R.: Commander, Samuel W. Kosier; S. V. C., J. W. Parrett; J. V. C., Valentine Hoffman; Adjutant, John S. Williams; Q. M., Simeon Gillis:

Read what we will do for all sufferers of Buffalo, who same kereentity for the daughter of Joseph H. Kee daughter of Joseph H. Kee of the 76th Pa., and granddaugh John Lee, of the 6th N. Y. Cav. and granddaugh John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 76th Pa., and granddaugh John Lee, of the 6th N. Y. Cav. and John Lee, of the 76th Pa., and granddaugh John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Cav. and John Lee, of the 6th N. Y. Ca following officers have been elected and installed by Department President installed by Department President Emma M. Volk and Department Secrecrust and bake in a moderate oven one and one-haif hours.

If has long been observed that those who treat olive oil as a common article of food and use it as such are generally healthier and stronger than those who treat one than those who treat olive oil as a common article of not not the four and and use it as such are generally healthier and stronger than those who do not. The American housekeeper has still to learn that there are many ways off using the oil besides in salads. It may be used with good effect as a substitute for butter in compounding the such salads. It was a such are generally in the such salads. It may be used with good effect as a substitute for butter in compounding the rank plants. A woman's Appreciation of The National Tribunes, President, May Bayes; S. V. C. Signal President, May Bayes; S. V. C. Signal President, Was and Department Secretary And Williams, Adjustant, Adjust and Schoenach, Both of the flours and add at accuption of sweet milk, or what will make a soft dough. Divide in three dequal parts and roll, handling as intelled the following officers: Commander, Richmond J. Stone; S. V. C., Christopher H. Carpelio, D. J. Stone; S. V. C., Carbit, H. Day; Q. M., S. Williams, C. Carolli, Delegates to Department Secretary and roll, but of the substitute for butter in parts and roll, and the president of the sympathetic nerve system that the salt. Rub a tablespoenful of oil, the Harris.

If the salt. Rub a tablespoenful of butter thoroly into the flours and add at accuption of the Heart, John S. Williams, Q. M., S., Williams, Q. M., S., Williams, S. Q. M. Following are officers installed for W. R. C.: President, Mary Bayes; S. V. Of the sympathetic nerve system that Wonsetler; Secretary, Fannie Fritzche; Use NoW, and we will save you days and weeks of misery! Address

Syrena Silcox; Conductor, Katherine Barnes; Guard, Leota Musser; Assistant

Secretary; Mrs. Nancy De Hollander, Guide; Mrs. Katherine Gay, Guard; Mrs. Jessie Gambee, Assistant Guard; Mrs. Cora Dunn. Musician; Miss Myrtle De Hollander, First Color Bearer; Miss Minnie Frey, Second Color Bearer; Miss Minnie Frey, Second Color Bearer; Miss E. V. Van Court, Third Color Bearer; Miss Miss Mabel Gay, Fourth Color Bearer.

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Then write your name below, enclose a 2-cent stamp, and you will get the ADLER-I-KA BOOK entirely free, It's different from any book you ever saw; it tells what only few doctors know; it will surprise and astonish you. It shows many curious pictures and tells how you can INSTANTLY relieve bowel or stomach trouble, how Appendicitis is caused, how it can be cured without operation and HOW YOU CAN EASILY PREVENT IT. You wouldn't take \$10.00 for what you will learn from this book—yet it's free for a 2-cent stamp. Address: Adlerika Co., Dept. 26, St. Paul, Minn.

П	
	Name
	Address
Ц	

For Department Commander.

Buford Post, Everett, Wash., has nominated Capt. R. K. Beecham for of Portland, Ore, have installed the following officers: Post officers—Commander, R. C. Markee; S. V. C., John Barton; J. V. C., J. V. Kellogg; Chaplain, W. T. Kerr; Q. M., A. W. France; Surgeon, T. E. Hills; O. D., A. C. Edmunds; O. G., D. Clark; Adjutant, J. W. Ogilbee.

Officers of the Relief Corps were installed as follows; President, Mrs. Anna, Currier; S. V. P., Midred Newell; J. V. P., Phoebe D. Brock; Secretary, Jesse, Burnett; Treasurer, Mrs. J. Henderson; Chaplain, Susan Keene; Conductor, Alta Honhenshalt; Guard, Jacobina Gross; Patriotle Instructor, Mrs. Pierce; Press; Correspondent, Henry Buchannan; Asst Gonductor, Mrs. Zebner; Asst Guard, Ida Kellogg; Musician, Josephine Statistical Conductor, Mrs. Pierce; Press; Patriotle Instructor, Mrs. Pierce; Press; Patriotle Instructor, Mrs. Zebner; Asst Guard, Ida Kellogg; Musician, Josephine Statistical Conductor, Mrs. Respine Statistics of the Relief Corps ladies, Patriotle Instructor, Mrs. Pierce; Press; Patriotle Instructor, Mrs. Zebner; Asst Guard, Ida Kellogg; Musician, Josephine Statistics of the Relief Corps ladies, Patriotle Instructor, Mrs. Pierce; Press; Correspondent, Henry Buchannan; Asst Guard, Ida Kellogg; Musician, Josephine Statistics of the Relief Corps ladies, Patriotle Instructor, Mrs. Pierce; Press; Patriotle Instructor, Mrs. Pierce; Pre

GRAY HAIR RESTORED HE TO HAVE HAVE HAVE

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DR GUNN'S BLOOD & NERVE TONIC. Restores

lost vigor, 75c. a box, 3 bxs. 2 months treatment, \$2. Stores or by mail Dr. BOSANKO CO. PHILA. PA.

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Ransom, Edith Van Dorstan, Gertrude



DIRECTING SPECIALIST CLEARWATER

Who makes this generous offer. What is my offer? you ask. Listen in my thirty years' experience in medicine I have learned many strange self, things. For one thing, I've learned that Heart Disease kills more people signs things. For one thing, I've learned that Heart Disease kills more people overy day than anything else on earth. I've also learned that Heart Disease. Go over them carefully one by one and answer yes or not asse hardly ever exists alone—by itself—That other organs—Stom—by over the case of the story.

The most common sicians, say its the less of kind ever written.

Remember it is all free—the Book, the Letter of Advice, the full Course of Treatment. There are no "strings" to this offer. Neither is it a C. O. D. or the case of the case of the case of the letter of the lett ase hardly ever exists alone— to each. That will tell the by itself—That other organs—Stom- Do you tire easily? ach, Bowels, Kidneys, Liver, Lungs, Do you have headaches? sexual organs, etc., are almost always affected too. Why?—Think Does your Heart flutter? for a minute and you'll answer the question yourself—It's because the Does your Heart palpitate?

Let me say right here at the start heart is the vital organ of the body— Are you short of your breath? because it governs all the other organs. Do you feel "weak and run down?" because it governs all the other organs. Do you have numb or dizzy spells? make this remarkable offer of my own supplies EVERY organ—every Nerve Do you have numb or dizzy spells? free will and accord. I am financially muscle and tissue with blood and life Do you have weak, sinking spells?

Suffer

Suffer Six people in every ten have Heart troub or weakness, write me now. I w trouble, though many of them do not know it. 30,000 victims die of it in America every vear Think of the single of the single

what the symptoms are—don't know what they mean when they have them. A REGULAR FULL FREE TREAT-Another thing-A great many people

Six people in every ten have Heart of weakness, write me now. I will better, In nine out of ten such cases the real trouble is with the Heart. It will tone up the Symptoms of Heart of weakness, write me now. I will better, In nine out of ten such cases the real trouble is with the Heart. Anyway, you will get the truth here—You will then knew what to do. The free course of treatment that take any more chances—stop a bit right here and find out for a certainty just where you stand.

THE SYMPTOMS OF HEART DIS
Is in just such stubborn "incurable" tem. Remember we make a specialty

able cures.

MENT

Another thing—A great many people are misled and deceived into thinking their trouble is something else. Thouseands—perhaps you among them—are today doctoring the Stomach, Kidneys, Liver, Nerves or Sexual organs for some supposed trouble, when all the time it's the heart that's causing it all.

In other words, you may be treating the symptoms and not the disease it—self.

And so I say again, if you do need this help, you'd better send right now, for, of course, I cannot continue to make this offer indefinitely.

FREE TREATMENT COUPON, Directing Specialist, Clearwater, Head of the Heart Cure Co.

and its relation to all the rest of your body. The book is valuable. Do not lose sight of this part of my offer.

MENT

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FREE TREATMENT COUPON, Directing Specialist, Clearwater, Head of the Heart Cure Co.

224 Masonic Bidg., Hallowell, Maine.

I have read your offer in The National Tribune:

Many people among them several phy. he symptoms and not the disease itlose sight of this part of my
left.

Many people, among them several physicians, say it's the best book of its
the Book and Letter promised. It is
agreed and understood I am to pay you

scheme or anything of the kind. I ask for no money-I send you no medicine expecting you to pay later. You bind yourself in no way. It is nothing but a genuine, generous, honest, free Address ......

this same offer in some of the best in America besides The National Tribune, because it seems to me to be the best way to quickly get advice and help—this certain, effective treatment into the hands of every suf-

THE SYMPTOMS OF HEART DIS- is in just such stubborn "incurable" tem. Remember we make a specialty cases we have made the most remark- of treating Heart Disease and the other Are very plain when once they are though and understood. The great trouble is that most people don't know sealed—

The very day I hear from you I will is our life work—and all our knowledge and experience thus gained is easied—

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asking.

And so I say again, if you do need

nothing for all this either now or later.

My Age is..... Name .....