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Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment. Never attempt to relieve your baby with a remedy that you would use for yourself.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

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JUNIOR RED CROSS WORKING AT HOME

Production of Sound American Citizenship the First Aim, Says Dr. Farrand.

On the basis of every member of the Junior Red Cross are the words "I serve." That is the motto of the school children's branch of the American Red Cross and its officers are bringing happiness to children throughout the world.

Realizing that the time never was so propitious as this for teaching the highest ideals of citizenship to the entire present generation of the Junior Red Cross has been framed under the very inclusive phrase, "Training for Citizenship Through Service" for others. Since the Junior Red Cross is the agency through which the American Red Cross reaches the school boys and girls, it is the responsibility of the school children to cooperate with the Junior Red Cross in its work.

"The thing that is needed," says Dr. Livingston Farrand, Chairman of the American Red Cross Central Committee, "is not a perpetuation of the Junior Red Cross, but the training and inculcation of sound American citizenship inspired by the true, fundamental ideals of sound democracy. One of the great contributions in making the Red Cross a contributor to better citizenship in our American democracy is the realization that after all the sole hope of any nation is with the children of the country."

The plan of organization of the Junior Red Cross makes the school—public, parochial and private—the unit, not the individual pupil. Mutual service, helpful community work such as cleanup campaigns, care of the sick, promotion of health regulations, participation in civic and patriotic movements—all these creative agencies designed to translate into life and action the regular school program are parts of the machinery which the Junior Red Cross places at the disposal of the school authorities.

Graded study courses giving practical methods of civic training, supplemented by pamphlets and helpful suggestions, are supplied to the local schools by the Junior Red Cross. An elaborate plan for promoting an interchange of correspondence between children in different sections of the United States as well as with children in foreign lands is being devised and will take a prominent place in the established classroom program.

In promoting the general cause of child welfare, Red Cross courses in home hygiene and care of the sick, first aid, and dentistry may be established in all Junior Red Cross Auxiliaries. The objects and the objective of the Junior Red Cross are embodied in the pledge of service which the pupil takes when he signs the membership roll and pins on his coat the Junior's badge. The pledge which binds together service and citizenship reads:

"We will seek in all ways to live up to the ideals of the Junior Red Cross and devote ourselves to its service.

"We will strive to bring discredit to this our country, by any unbecoming act.

"We will reverence and obey our country's laws and do our best to inspire a like reverence and obedience in those about us.

"We will endeavor in all these ways, as good citizens, to transmit American greater, freer and more beautiful than she was transmitted to us."

At the foundation of this school program of the Junior Red Cross is a great love for America's children.

RED CROSS ACTIVE IN DISASTER RELIEF

When disaster hits a community—fire, flood, earthquake, explosion, and wreck of some kind—the American Red Cross can be depended upon to follow right at its heels with help for the stricken people. Red Cross relief is almost immediately forthcoming—food, clothing, shelter and funds; doctors, nurses and special workers with long experience in handling similar trouble elsewhere.

During the last year, ending June 30, there was an average of four disasters a month in the United States. One hundred and fifty communities in twenty-seven states suffered. The largest and most destructive of these were the tidal wave at Corpus Christi, Texas, and tornadoes in Mississippi, Louisiana, Alabama, Georgia, Ohio, Indiana and Illinois.

In these events of horror 850 persons were killed, 1,500 were injured, 15,000 were made homeless about 30,000 families needed help, the property loss was nearly \$100,000,000 and almost \$1,000,000 in relief funds, not to mention emergency supplies was expended.

To the sufferers from all disasters during the year, the American Red Cross sent \$120,000 worth of supplies, 110 Red Cross nurses and several special relief trains. To meet the needs of the stricken, the organization set up ten relief stations, operated thirty food canteens and six emergency hospitals. One hundred and twenty-five Red Cross chapters gave disaster relief service.

If disaster ever strikes this town, the citizens can be absolutely sure the Red Cross will be right at hand to help them in every way.

EVER BILIOUS?

Charleston, Miss.—Mrs. R. V. Heins, of this place, says: "I have never had to use very much medicine, because if I felt headache, dizziness, or colds, bad taste in the mouth, which comes from torpid liver, I would take a dose or more of Black-Draught, and it would strengthen me out and make me feel as good as new. We have used it in our family for years."

THEDFORD'S BLACK-DRAUGHT

and it certainly is the best liver medicine I ever saw. It does not only save me money, it has helped keep my system in shape, and has never weakened me as so many pills do. I recommend it to my friends and am glad to do so." Black-Draught is the old, reliable liver medicine which you have doubtless heard much about. When you feel badly all over, stomach not right, bad taste in your mouth, bilious, or have a headache, try Theford's Black-Draught. At all Druggists.

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HER PREFERENCE

The curtain had just come down on the first act. "I think I'll go out and get some fresh air," said Mr. Guzzler.

"I wish you'd bring some of it back with you instead of the breath you usually bring," suggested Mrs. Guzzler.

CASTORIA For Infants and Children in Use For Over 30 Years

Always bears the signature of *Chas. H. Fletcher*

A LEOPARD CANNOT CHANGE ITS SPOTS

Mr. Dodson, the "Liver Toner" Man, Tells the Treachery of Calomel.

Calomel loses you a day! You know what calomel is. It's mercury; quicksilver. Calomel is dangerous. It crashes into your bile like dynamite, cramping and sickening you. Calomel attacks the bones and should never be put into your system.

When you feel bilious, sluggish, constipated and all knocked out and believe you need a dose of dangerous calomel just remember that your druggist sells for a few cents a large bottle of Dodson's Liver Toner, which is entirely vegetable and pleasant to take and is a perfect substitute for calomel. It is guaranteed to start your liver without stirring you up inside, and can not silitate.

Don't take calomel! It can not be trusted any more than a leopard or a wildcat. Take Dodson's Liver Toner which straightens you right up and makes you feel fine. Give it to the children because it is perfectly harmless and doesn't grip.

Children Cry FOR FLETCHER'S CASTORIA

AMERICANS ABROAD IN RED CROSS WORK

United States Citizens Far Away Enthusiastic Members of the "Fourteenth" Division.

Among the most enthusiastic and energetic members of the American Red Cross are those citizens of the United States who live outside the continental boundaries of the country—sons and daughters of the Stars and Stripes residing at the far corners of the globe.

These people comprise the Insular and Foreign Division of the parent organization, generally known as the "Fourteenth" Division which has jurisdiction of all territory outside the country proper; that is, Alaska, Porto Rico, Hawaii, Virgin Islands, the Philippines, Guam and even the Island of Yap, which, came under our flag as a result of the world war. For the year 1920 this division reported 38,818 paid up members.

The main object of this division is to give our citizens everywhere the opportunity to participate in the work of the organization which stands for the best national ideals. Americans in far places intensely loyal and patriotic treasure their membership in the Red Cross as the outward expression of their citizenship. It is another tie to the homeland and to each other. There are chapters of this division in Argentina, Bolivia, Brazil, Canal Zone, Chile, China, Costa Rica, Cuba, Dominican Republic, Ecuador, England, France, Guatemala, Honduras, Haiti, Hawaii, Honduras, Japan, Manchuria, Netherlands, Nicaragua, Paraguay, Peru, Philippines, Porto Rico, Siberia, Spain, Sweden, Switzerland, Syria, Turkey, Uruguay, Venezuela and Virgin Islands.

During the war these scattered members of the Red Cross contributed millions in money, and millions of dollars' worth of necessary articles for the men in service, and sent many doctors and nurses to France. At the same time they carried on an excellent Home Service in their respective communities for the families of those who had gone to war, and in some regions gave large sums of money and generous help toward service to the relief of disaster and disease victims.

The division is now establishing service clubs in foreign ports for the benefit of sailors in the American Merchant Marine, making plans to aid Americans in trouble in foreign lands and completing arrangements for giving immediate adequate relief in case of disaster.

It is the Fourteenth Division's part in the great Peace Time program of the American Red Cross.

RED CROSS ASSISTS DISABLED VETERANS

The American Red Cross is carrying on a wide program of service for the disabled World War veterans receiving treatment in United States Public Health hospitals, and those being trained through agencies of the Federal Board for Vocational Education.

In each of the Public Health Service hospitals Red Cross workers devote their time to the general welfare of the service men from the day they enter the receiving ward until they are discharged. After the soldier's discharge the Red Cross continues its friendly service through the Home Service Section in his own community.

The Red Cross maintains a convalescent house at all of the hospitals, where patients can amuse themselves after they are well enough to be up and around. Parties and picture shows in the wards are also furnished, with occasional excursions when convalescence comes.

Great service has been rendered by the Red Cross in mental cases in identifying those who have appeared in state hospitals for the insane, and helping them secure compensation due from the Bureau of War Risk Insurance.

In the Federal Board's various district offices the Red Cross worker, acting with the Home Service Section, makes necessary loans to the men, arranges suitable living conditions, helps collect evidence and supply facts to the Board, assists in "appealing cases" and settles various personal difficulties for the men. The workers also follow up and aid all men who discontinue training.

The Red Cross agents find men "lost" to the Board, help clear up delayed cases and aid the college counselors in their friendly work with the men. Many Red Cross chapters have set up recreation facilities, and in some instances living clubs, so those victims of war may have attractive surroundings and the fun which most go with effective school work.

To the American Red Cross Institute for the Blind near Baltimore, Md. more than half of all the Americans blinded in the World War have come for training. The Institute, through the Red Cross, long ago conducted an exhaustive industrial survey to determine the vocations for which blind men could be fitted. As a result it is putting forth well trained men capable to meet the social, civic and economic requirements of their respective communities.

Aid for Spanish Red Cross. The Iberian chapter of the American Red Cross, composed of Americans resident in Spain, has just contributed \$250 to a fund being raised by the Spanish Red Cross and the League of Red Cross Societies for the purpose of buying blankets.

CHICHESTERS PILLS
DIAMOND BRAND
LADIES! Ask your Druggist for CHICHESTERS PILLS. They are made of purest ingredients and are the most reliable and safe of all Druggists' pills. They are sold by ALL DRUGGISTS EVERYWHERE.

Repair The Wear

Hard Work Often Breaks Down a Person's Health and Creates a Need for Ziron Iron Tonic.

MEN and women who do hard labor, such as building, farming or housekeeping, and those who do exhaustive brain work of various kinds, often find the need of some thing to help renew jagged forces and tone up the system. To help repair the wear caused by overwork, to gain renewed strength and energy, many have obtained good results from taking Ziron Iron Tonic. Ziron is a perfected preparation of pure medicinal iron salts, combined with other valuable strength giving tonic ingredients, which are recommended by leading physicians.

Mr. H. B. Goussard, of McPherson, Tenn., writes: "I had been working very hard, and was getting weak and run-down from hard work. When I commenced taking Ziron, in a few days I felt stronger, and now I have taken two bottles I feel as strong as ever, although I have kept at work all the time. You cannot lose anything by giving Ziron a trial, but very likely will gain much. Your druggist will sell you the first bottle on a money-back guarantee."

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OUR PRICES WILL SATISFY.
J. C. N. RICKS

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