

Another Royal Suggestion Griddle Cakes and Waffles From the NEW ROYAL COOK BOOK

THERE is an art in making flapjack pancakes, griddle cakes or waffles, call them what you will. But it is an art very easily and quickly acquired if you follow the right recipes. The secret, of course, is Royal Baking Powder.

ROYAL BAKING POWDER

Absolutely Pure

Made from Cream of Tartar, derived from grapes.

FREE

New Royal Cook Book containing these and scores of other delightful recipes. Write for it to-day.

ROYAL BAKING POWDER CO., 115 Fulton Street, New York City.

- Griddle Cakes**
1 1/2 cups flour
1/2 teaspoon salt
3 teaspoons Royal Baking Powder
2 eggs
1 1/2 cups milk
1 tablespoon shortening
- Mix and sift dry ingredients; add beaten eggs, milk and melted shortening; mix well. Bake immediately on hot griddle.
- Waffles**
2 cups flour
4 teaspoons Royal Baking Powder
1/2 teaspoon salt
1 1/2 cups milk
2 eggs
1 tablespoon melted shortening
- Sift flour, baking powder and salt together; add milk to yolks of eggs; mix thoroughly and add dry ingredients; add melted shortening and mix in beaten whites of eggs. Bake in well-greased hot waffle iron until brown. Serve hot with maple syrup. It should take about 1 1/2 minutes to bake each waffle.

The American Legion

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

IS NAMED LEGION HISTORIAN

Eben Putnam Performed Similar Service Before the Office Was Made Permanent.

A life of singular variety and adventure has been that of Eben Putnam, new-chosen national historian of the American Legion. Mr. Putnam was born in Salem, Mass., Oct. 10, 1868. He received his education in private schools and the Cambridge high school. While he was a boy he was the companion and assistant of his father, the distinguished anthropologist, Prof. Frederic Ward Putnam, in archaeological explorations in various parts of the world.



Mr. Putnam has been deeply interested in genealogy, eugenics and New England histories, and has compiled and published a number of works on these subjects. He has conducted extensive investigations over a period of more than twenty-five years into the question of immigration. He is a member of the Society of Colonial Wars, the Sons of the American Revolution, the Military Order of Foreign Wars, and American Historical Society.

Early in the fall of 1915 Mr. Putnam became convinced that this country must enter the war eventually, and joined the training school organized in his state. He attended the Plattsburg camp the following summer and the next winter was a member of a provisional battalion of infantry. He was barred from a commission in the line because of his age, but on April 4, 1917, was commissioned a captain in the quartermaster corps. His son also was in the service.

Mr. Putnam served as assistant to the depot quartermaster in Boston and later served overseas in the fuel branch. He was discharged August 22, 1919. Mr. Putnam is a charter member of Wellesley Post No. 72 of the American Legion, and was insurance officer and post historian until he resigned to accept the post of department historian for Massachusetts, where he served also in the capacity of a member of the state executive committee. He had performed the duties of a national historian of the Legion before that office was made permanent.

TO BE GREAT WAR MEMORIAL

State of Indiana to Erect Magnificent Building to House Legion National Headquarters.

The erection of a magnificent building to house national headquarters of The American Legion in Indianapolis is assured following the action of the Indiana state legislature, which voted that the state war memorial should take the form of a structure for this purpose.

A tract of state-owned land in the center of Indianapolis, 900 feet long by 450 feet wide, will be dedicated to this project and the city has been authorized to include two additional city blocks adjoining the state properties. The result will be a splendid plaza with American Legion headquarters in the center. The land is valued at approximately \$12,000,000.

The Legion building will be constructed under the control of a board of trustees appointed by the governor of Indiana. All members will be men of the Legion. Already the Indiana legislature has voted a tax levy which will yield more than \$3,000,000 as an earnest of its desire to adequately house and equip national headquarters of the Legion.

SINCERE FRIEND OF LEGION

Mrs. Janette Logan Jacobs Has Been Hard Worker in Interest of Disabled Ex-Service Men.

A fearless and devoted worker in the interest of the disabled ex-service man, Mrs. Janette Logan Jacobs of New York city, has proved herself a sincere friend of the American Legion. It was Mrs. Jacobs who supplied the Legion with many of the facts which it laid before congress when it demanded the reform of the federal board for vocational education, a reform which had been carried out largely under the direction of the veterans' organization.



Post Meets in Two Towns. When Lee-Bishop post of the American Legion was organized in the two towns of Hudson and Twinsburg, O., a novel scheme was hit upon to avoid jealousy between the communities. The post holds its sessions in the two places on alternate meeting nights.

LEGION AND LABOR QUESTION

Position of National Body, Adopted at Cleveland Meeting, Made Clear in Bulletin.

A clear and well-defined exposition of the official attitude of the American Legion toward organized labor is contained in a bulletin sent out by national headquarters of the Legion in Indianapolis, setting forth the statement on the question issued by Past National Commander D'Olier, which was adopted by the national convention as the Legion's platform in industrial difficulties. The statement follows:

"The attitude of the Legion toward organized labor is the same as its attitude toward all groups of American citizens who are interested in a square deal for all in the maintenance of law and order, and the protection of the institutions handed down to us by our forefathers. In any controversy between capital and labor, the interest of the American Legion is confined to that of the maintenance of law and order, and without taking part on either side, in case a situation should arise where life and property are endangered, it is the duty of members of the Legion to perform their full duty as citizens, according to their own conscience and understanding.

"In such a contingency it is the Legion man's duty to assist in the maintenance of law and order by acting as an individual and offering his services to the duly-constituted authorities for the maintenance of law and order. There is nothing to prevent the individual member of the Legion as an individual from taking either side in such a controversy but the Legion, as an organization will not do so."

KEEPS EYE ON LEGION MONEY

Robert H. Tyndall is Reappointed National Treasurer by the National Executive Committee.

The handling of the finances of the American Legion will continue to be directed by Robert H. Tyndall, national treasurer, who was reappointed to the position by the national executive committee. Mr. Tyndall is a native of Indianapolis, and during the war served as colonel of the One Hundred and Fiftieth Field Artillery, Forty-second ("Rainbow") division. He was in command of the regiment throughout the war and was with the army of occupation in Germany until April, 1917.



Previous to his service in the World war Mr. Tyndall had long been interested in military affairs. He enlisted in Battery A of the Indiana National Guard in October, 1897. The battery was mustered into the Twenty-seventh Indiana Volunteer Battery on May 10, 1898, becoming a part of the expeditionary forces in Porto Rico during August and September of that year. In 1900 he enlisted in the reorganized Indiana National Guard and served as corporal, sergeant, lieutenant, and captain of Battery A until 1913, when he was promoted to major of the First Battalion, Indiana Field Artillery. He served on the Mexican border from July, 1916 to January, 1917, and received the rank of colonel in April, 1917.

ASKS FOR MILITARY ESCORTS

Philadelphia County Committee Appeals to President Wilson to Provide Firing Squads.

Following advice from the adjutant general of the army to the effect that it is impracticable for the War department, without a special appropriation for transportation expenses, to provide military escorts for the burial at Philadelphia of soldier dead whose bodies are being returned from overseas, the Philadelphia county committee of the Legion has appealed to President Wilson to provide at least two firing squads for this purpose from Camp Dix or through the Frankford arsenal, at Philadelphia.

"The American Legion representatives," the letter reads, "were not satisfied with the excuse offered by the adjutant general of the army for refusing to assist in meeting this emergency. The bodies of soldier dead of the A. E. F. are being returned to Philadelphia daily, and as many as five requests a day are being received by the American Legion. The Legion, through its representatives in the county organization, took the position that it cannot avoid its responsibility to honor these men who gave their lives for their country.

"The United States army is now recruited to a strength of 800,000. It was the unanimous opinion among the Legion representatives of the 76 posts in this county, that as commander in chief of the United States army, you might consider it a privilege to assign to Philadelphia 16 men who might serve as military escorts, thus assisting the American Legion in performing a paramount patriotic duty."

The letter was signed by Romain G. Hassrick, secretary of the committee.

Legionnaires as Guard of Honor. Impressive ceremonies marked the funeral of Elbert F. Wald, late commander of the Department of Panama, whose body was laid to rest in the National cemetery at Arlington, Va.

Cuticura for Sore Hands.

Wash hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do if Soap, Ointment and Talcum are used for all toilet purposes.—Adv.

Who Made the Sign?

One day I went to a new grocery and the clerks were all busy, so the proprietor hustled up to me. He was extremely affable, so I had no hesitation in asking him who printed the sign in the window—it was poorly printed and some of the words were misspelled.

"Why?" he asked.
"Whoever made it didn't know how to spell," I replied, grinning.
"I made the sign," was all he said, but it was enough. I turned hastily away.—Exchange.

Catarrah

Catarrah is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the system, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.

All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

Where Lies Arcadia?

A correspondent suggests that one way of celebrating the Pilgrim centenary would be for a lot of new pilgrims to get together and, like their forefathers, take ship and sail away from profiteering, labor troubles, rent raising, taxes and gramophone. All very well—but whither?—Boston Transcript.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Awful.

"Grandpa, when I'm grown up can't I get married?"

"My child, I regret to see you anticipating trouble so early in life."

No Wonder.

"Buttle told me he had had a raw deal."

"Yes, he was sore because he was roasted."

Rosy Cheeks & Satin Skin

Because of her rosy cheeks and satin skin a woman attracts the admiration of all men. When the young woman peers in her glass, she may see pimples and blotches and she immediately goes to the drug store for paint, powders and beauty creams, when she should go there for a blood medicine and stomach alterative known as "Golden Medical Discovery."



This vegetable tonic and blood alterative clears the skin, beautifies it, increases the blood supply and the circulation, while pimples, boils and eruptions vanish quickly.

Ask your nearest druggist for Dr. Pierce's Golden Medical Discovery in tablet or liquid form or send 10c. for trial package of tablets to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y.

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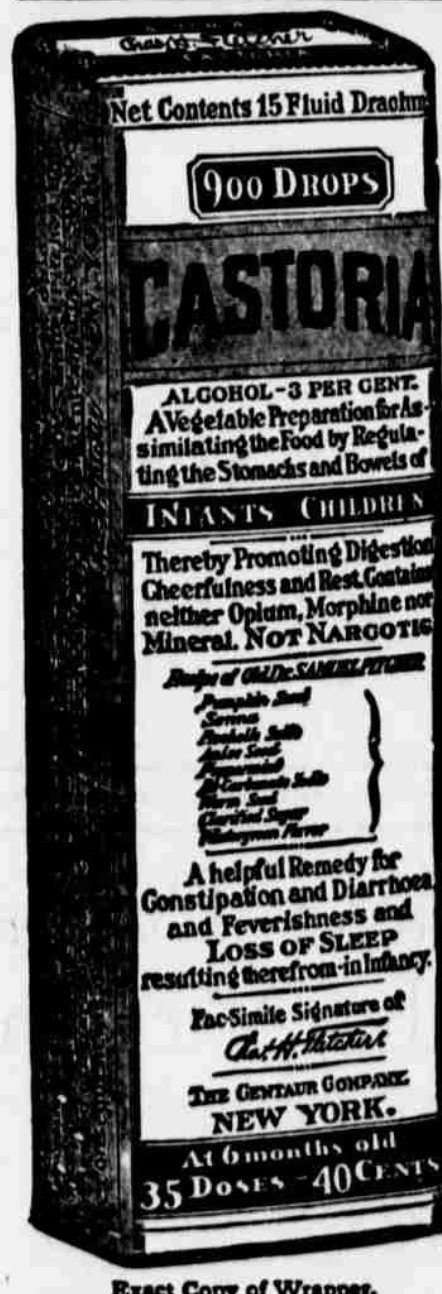
Clogged-Up Liver Causes Headache

It's foolish to suffer from constipation, sick headache, biliousness, dizziness, indigestion, and kindred ailments when Carter's Little Liver Pills will end all misery in a few hours. Purely vegetable. Act gently on liver and bowels. Small Pill—Small Dose—Small Price.



BE A NURSE

Exceptional opportunity at the present time for young women over fifteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address: Supt. of Nurses, Lincoln Sanitarium, Lincoln, Nebraska.



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For Infants and Children

Mothers Know That Genuine Castoria

Always Bears the Signature of

Dr. J. C. Hathorn

In Use For Over Thirty Years

CASTORIA

Kill That Cold With



Neglected Colds are Dangerous. Take no chances. Keep this standard remedy handy for the first sneeze. Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache. Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's. ALL DRUGGISTS SELL IT

A Healthful Drink With No After Regrets

You are sure of satisfaction when you make your table beverage

INSTANT POSTUM

Coffee drinkers delight in the change because of greater comfort, and the price is attractive because so moderate. All the family will like the flavor of Postum

At Grocers Everywhere

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

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