

# Kill That Cold With

**HILL'S CASCARA QUININE BROMIDE** AND La Grippe

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**

## Thousands of Happy Housewives in WESTERN CANADA



are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—save paying rent and reduce cost of living—where they could reach prosperity and independence by buying on easy terms.

**Fertile Land at \$15 to \$30 an Acre**  
—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

**Farm Gardens—Poultry—Dairying**  
are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

**W. V. BENNETT**  
Room 4, Bee Bldg., Omaha, Neb.  
Canadian Government Agent

# The American Legion

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

## HOLDS TWO LEGION OFFICES

Winchester, Va., Man is State Historian as Well as Chairman of Americanism Commission.

B. M. Roszel of Winchester, Va., has been entrusted with two offices by the Virginia department of the American Legion. He is state historian as well as chairman of the Department's Americanism Commission. He also serves as historian of his post.



Born in Baltimore, Md., Mr. Roszel was educated in the schools of his state and received the A. B. and Ph. D. degrees from Johns Hopkins University. Afterwards he was a fellow in astronomy and an instructor in mathematics in that institution, and later a teacher of physics, mathematics and chemistry in the Washington high school system, Washington, D. C. From 1903 to 1908 Mr. Roszel was head master of the Seawane Grammar School, in charge of the preparatory department of the University of the South. Since 1908 he has been superintendent of the Shenandoah Valley Academy, a military school at Winchester, Va.

Mr. Roszel served eighteen months in this country and overseas in the Army and was discharged a major. He has since accepted a similar commission in the Reserve Corps.

## TRAVEL PICTURES FOR POSTS

Films Embracing One Thousand Topics, for Use of All Legion Organizations.

By arrangement between the American Legion and the bureau of commercial economics, the most complete and valuable collection of educational and travel motion picture films in existence will be placed at the disposal of the Legion for free exhibition under the auspices of all posts. The films, which embrace 1,000 separate topics, are the property of the bureau, an altruistic institution the sole aim of which is to advance education and pride in American institutions.

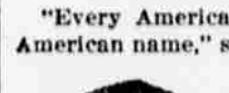
At the instance of national headquarters, the bureau has prepared a special catalogue in which each film is numbered and described. A copy of this catalogue will become the property of each Legion post. The only expense attached to posts ordering the films will be the payment of express charges to and from the nearest distributing center of the bureau. No admission fee may be charged by the post.

A distributing center for the films will be established in almost every state. Responsibility for the transmission of the catalogues and the information concerning the location of distributing centers to which each post must apply for films, rests with the state departments.

The story of the establishment of the bureau of commercial economics is that of a fulfillment of a vow which a blind man took years ago, should his sight be restored. Dr. Francis Holey, the founder and director of the bureau, vowed to work for the betterment of mankind when he recovered his sight, and the bureau is the result.

## LEGION IS HIS MIDDLE NAME

Adjutant and Americanism Director of Chicago Post First to Name Himself After Organization.



"Every American ought to have an American name," said Jacob Telnowitz, adjutant and Americanism director of Walter S. Poague Post No. 161 of the American Legion in Chicago, at a post meeting.

"To prove that I stand up for my convictions, I have changed my name to Jacob Legion Tenny."

Tenny said that there should be a law establishing an American standard of nomenclature and that, in the meantime, it is up to members of the American Legion to set the fashion.

"Telnowitz is a grand old name, but Tenny will be easier to pronounce," said Tenny. "I'm retaining my first name, Jacob, of course, but I'm adding Legion as a brand new middle name. So far as I know, I'm the first man who has named himself after the American Legion. There couldn't be any better name for a he-man son of an American service man than Legion."

Tenny enlisted with the first contingent of eighteen men from the West side of Chicago and served overseas. He is a lawyer and at the last primary election was a Democratic candidate for municipal judge.

## LEGION HIKERS ARE GREETED

Two California Ex-service Men Report Cordial Treatment by Posts of the Southwest.

The hospitality of the Southwest is reflected in its American Legion posts, according to Van W. Bishop and C. G. Allison, California Legionnaires who are well on their way on a little walk from Los Angeles, Cal., to Mexico City, Mexico, a distance of more than 1,500 miles. Bishop belongs to Los Angeles Post No. 8, and Allison to Irwin Post No. 93 of San Francisco.

Wary with tramping the dusty kilometers and burdened with packs and other impedimenta, the marchers found rest at a number of Legion posts along the way, according to a letter received from them by the adjutant of the Los Angeles post.

"The posts of the American Legion in the towns where we have stopped have treated us royally. Legion members at Yuma, Ariz., started the good things for us. Then Tucson post fixed us up for two days in a room fitted with bunks for the accommodation of a few fellows who come in and want a place to stay.

"Our next stop was at Bisbee for three days. They have a regular home with several rooms and a sleeping porch. A number of the fellows make their home at the club. We arrived in time to attend the funeral of one of the boys brought back from 'over there.' Now, we are at Douglas, where Legion post officers obtained quarters for us. Our plan is to enter Mexico at El Paso or Laredo, Tex."

## QUEEN OF LEGION CARNIVAL

Faribault, Minn., Young Woman Honored in Connection With Celebration to Raise Funds.

Miss Tullie Olsen is not posing for a motion picture of feudal days. She has merely assumed her position as



Miss Tullie Olsen.

Queen of the Carnival, which the Faribault, Minn., Post of the American Legion staged in that city to raise money for carrying on various post activities.

## HALF-HUNDRED LEGION POSTS

Seventeen Foreign Countries and Three Territorial Possessions of Four Continents Represented.

Fifty-one American Legion posts are scattered about the face of the globe outside the continental limits of the United States, according to national headquarters of the ex-service men's organization. Seventeen foreign countries and three territorial possessions of four continents are represented.

The list of territorial posts follows: Anchorage, Valdez, Ketchikan, Juneau, Seward, Wrangell, Fort Lisicum, Cordova, Nome, Haines, Fairbanks, Sitka, and Petersburg, all in Alaska; Honolulu, Kealia, Hilo, Kapaau, Wailua, Schofield Barracks, Fort Kamehameha and Kahului, in Hawaii; and Manila, Cuartel de Espana, Cavite, Fort William McKinley and Corregidor, in the Philippines.

Foreign posts have been formed at Buenos Aires, Argentine; Brussels, Belgium; Rio de Janeiro, Brazil; Montreal, Canada; Chuquibambilla, Chile; Shanghai and Peking, China; Havana, Cuba; London, England; Guatemala City, Guatemala; Paris, La Rochelle and Gievres, France; Coblenz, Germany; Tokyo, Yokohama and Kobe, Japan; Mexico City and Tampico, Mexico; Carro de Pasco, Peru; Balboa, Cristobal and Gatun, Panama; Warsaw, Poland, and Santo Domingo, Santo Domingo.

## A. E. F. Play Library.

An A. E. F. play library has been opened for the use of posts of the American Legion, which produce plays for home talent production. The musical comedy, "Sittin' Pretty" is one of the feature plays now offered to posts. It tells the story of a doughboy who poses as a girl welfare worker in France, saves a party of A. W. O. L. soldiers from court martial, chaperones two charming daughters of a French nobleman, and saves the boys from drowning in the River Cognac. The address of the bureau is A. E. F. Library, 66 West Fortieth street, New York City.

# CASTORIA

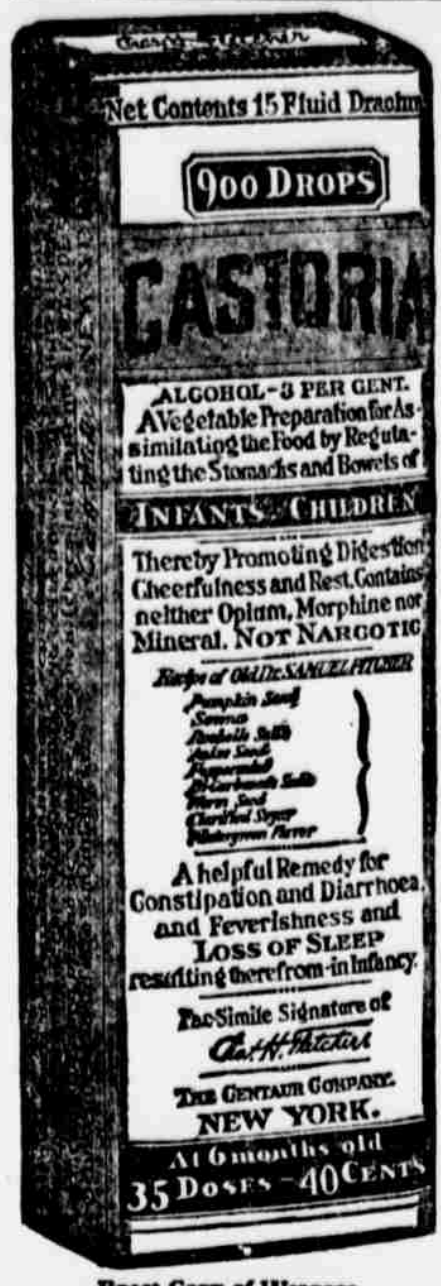
For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature

of *Chas. H. Fletcher* In Use For Over Thirty Years

# CASTORIA



Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

# What to Do for Disordered Stomach



Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They end the misery of Constipation. Genuine bear signature—Small Pill: Small Dose; Small Price

**Paying in Dresden China.**  
Little pieces of red-brown china bearing the usual Dresden mark are being passed from hand to hand in Saxony. It is not that people are bartering their cups and saucers or are getting rid of the contents of their china cupboards, nor are they making each other presents of the delicate porcelain for which the mark of Dresden has been noted.

A new coinage in porcelain has been put into circulation to supersede small paper money, and one of its valuable assets is the fact that it can be washed, so no one need complain of dirty money. The little red-brown discs have met with a hearty welcome, and the factory of Meissen has never sent out anything more popular than these little pieces of china that are too small for a plate, too shallow to hold water and not adorned with anything but the most simple devices.

**New Noses for Old.**  
Dr. Julien Bourget of Paris, who made a reputation during the war in rebuilding noses which had been knocked away in battle, is visiting America with the object of improving noses which do not have the proper tilt.

True blue is a term that isn't applicable to milk.  
The first of the United States—matrimony.

**Disrespectful.**  
Finnegan (to his spouse)—Shure the children these days have no manners at all; at all. Pshaw do yer think that young smallman next door said to me? "Mr. Finnegan," he sez, "git yer picture took an' I'll send wan o' them to me tacher for a valentine."—Boston Transcript.

**"Cold in the Head"**  
is an acute attack of Nasal Catarrh. Those subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood, and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

**Brute!**  
Mrs. Dibbs—I'm going to wire my photograph to a friend in Chicago as a birthday greeting.  
Mr. Dibbs—The cost will be prohibitive, woman.  
Mrs. Dibbs—How do you know, tightwad?  
Mr. Dibbs—I understand that it's based on the number of lines in the sender's face.—Buffalo Express.

**Nonunion.**  
"Is he a union man?"  
"I don't think he is a marrying man."



Do you know Nature's grains make a fine table drink?

# POSTUM CEREAL

is made of selected wheat, bran and molasses. Boil it for twenty minutes or more, and you obtain a beverage of rich, delightful flavor, that is in every way healthful

Postum Cereal is free from harmful elements, and is economical

**"There's a Reason"**

**SOLD BY GROCERS EVERYWHERE**

Made by Postum Cereal Company, Inc. Battle Creek, Michigan.



Look at This Price! **3 3/4c** Per Lb. FOR

# Semi-Solid Buttermilk

Trade Mark Reg. U. S. Patent Office

**DIRECT FROM FACTORY TO FARMER,** putting Brokers' and Middlemen's profits in Consumers' pockets.

Best Hog and Poultry Feed on the market. It puts the FFP in them and keeps them healthy.  
Prices down to 3 3/4c per lb. in 500 lb. barrels; 4 1/2c in half barrels; 4 1/2c in quarter barrels. F. O. B. factory.  
Get Free Sample and Booklet describing this Wonderful Feed.

**Consolidated Products Co.**  
DEPT. 100, LINCOLN, NEBRASKA

"The only thing for pigs. Makes them grow like weeds."  
R. T. McKILLIP, Beaver Crossing, Nebr.  
"It's the best stuff I ever fed."  
F. SEIVERS, Iowa.  
"A great chicken feed and egg maker."  
T. J. LITTELL, Wilber, Nebr.  
"The pigs sure like it. Best thing for shoats I have found."  
E. VAN HORN, Burr, Nebr.

**SUCH A NICE YOUNG MAN!** This Minister Evidently Not One of the New School of Blunt and Direct Speech.

Though scare-head scoops and front-page news "stories" do not come often from the department of Frank N. Wallace, state entomologist, nevertheless reportorial drones who buzz around the bee division of Mr. Wallace's domain may count always on at least one good daily story. Here is the latest one:

He was a young minister of the old school. He did not follow the modern doctrine of frankness in his speech, especially with the lambskins of his flock. Flustered and "fussed," he stood before a large gathering of smiling, good-looking up-to-the-minute peppy lambkinettes and in guarded tones reminded them of the pitfalls and evils of this wayward world. He reached the climax of his address and with a blush of ultra-modesty he said: "And, my dear young friends, do you know that even this very day there has come to mine ears a rumor that there is in this very community a band of bold, bad bootlinbers!"—Indianapolis News.

Some ambitious people rise from nothing to something worse.  
Budding genius, if it is genius, is indifferent to frosts.

**WAS WARDING OFF BAD LUCK** Small Matter to Young Woman That She Was Also Holding Up Busy Street Traffic.

"Traffic gets held up in queer ways," said a cop at Forty-second street and Fifth avenue. "It was only just the other day that we had a blockade that tied things up for half an hour."

"I noticed a young woman pounding something against the curb. Looked funny to me, and I could not figure what it was. People passing by started to run, looked again and crowded around her. I headed for the middle of the bunch and saw she had busted open her package and was breaking a lot of mirrors on the sidewalk, one by one."

"What's all this about? I asked.

"Oh, mister officer," she says, "I broke a mirror a while ago and if I don't break seven more right quick I'll have seven years bad luck. By rights they should be broken all at once, but I could only do it one at a time. And now, please, won't you help me get out of this crowd?"—New York Sun.

**His Object.**  
Friend—"Your characters seem to be continually smoking." Author—"That's to give atmosphere."

If we are wise, we never leave school.—Horace Fletcher.

**It's Up to You as a Parent** whether you feed your boy or girl real building food, or something that merely "tastes good"

# Grape-Nuts

furnishes exactly the food values needed to build young bodies, and the taste is delightful

Grocers everywhere sell this staunch wheat and malted barley food

**Ready to eat—Economical**