

THE AMERICAN LEGION

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

LEGION'S GENUINE 'CAVE MAN'

Parlee Gross, Buckeye Soldier, Specializes on Underground Exploration—Says "It's the Life."

Remarkably few newly married couples ever think of settling down in a little cave in the Ozark mountains. And yet Parlee C. Gross of McComb, O., says that caves are much warmer than apartments and farmhouses. They are also much cheaper.

When Gross, who is a magazine writer connected with the See-America-First movement, returned to McComb from an exploration of the celebrated Ha Ha Tonka region in the Ozarks, he didn't understand why his American Legion post hadn't picked out a nice ripe cave for its quarters. He said cave life was the only life. He has become not only a cave admirer, but a cave connoisseur as well, and in appreciation of his exploration achievements, officials have named an interesting geological formation which he discovered "Gross's Giant Gnome."

The American Legion at McComb is proud of its genuine "cave man"—particularly proud of the fact that he has been selected as one of the members of a party to penetrate the unknown regions of Wyandotte Cave of Indiana and the Great Onyx Cave of Kentucky.

DENVER LEGION BOOSTS HER

Miss Edith Adams, Beautiful Actress, as Genuine as the Centennial State's Mountains.

Members of the American Legion in Denver testify that all the ex-soldier talent this side of the Rockies does not compare with a good-looking girl, when it comes to putting on a show. They are gradually coming to this conclusion—being some few years behind Broadway managers, who discovered the secret several summers ago by reading old Egyptian and Syrian manuscripts.

Legionnaires in Denver didn't breathe any of this to Miss Edith Adams when they asked her to join their show, because, after all, they don't like to admit it except in plenary session, with newspaper men excluded. But the rumor is that Miss Adams knew it anyway.

The particular thing about Miss Adams which her Legion friends are proud of is that she doesn't "flap." The follies of the eastern debutante fail to interest them (or their audience) when they can find an amateur actress "as genuine as their own Colorado mountains."

USED THE GOLD BRICK CURE

"Treatment" Ended Many Cases of Flat-Foot, Semi-Blindness and Other "Defects."

A gold brick which made the lame to walk and the blind to see is told of by Capt. P. H. McCarthy, Development Battalion No. 1, Fort Benjamin Harrison, Ind., who gets the credit for introducing the term "gold brick" into the army during the war. The unwillingness of certain recruits to submit to "development" brought the brick into play.

Innumerable cases of flat-feet, semi-blindness, and other ailments were continually reported by reluctant soldiers at the camp. It was up to Captain McCarthy to discover whether these were ailments or alibis. When the medical profession failed, the brick got in its work. The soldier would be handed the gold article and told to go about as he pleased, free from drill, hikes, labor of any kind, but he must carry the brick. When he saw an officer he must hold the brick out with the left hand and salute with the right.

The sick man was invariably back drilling with his outfit the second day. Flat feet and cold ones alike were cured.

Foch Sees Himself in "Movies."
Marshal Foch sat comfortably in Paris the other evening and saw films of his 10,000-mile tour through the United States. The "movie" was part of the entertainment which the Paris post of the American Legion had arranged for the marshal. Ambassador Myron T. Herrick said, in introducing Foch: "If it had been possible for Germany in 1914 to have seen a picture so truly representing the love between France and America, the war would never have been."

LEGION LIKED "MAC'S" NERVE

Veteran of the U. S. Navy is Chosen as One of the Organization's National Heads.

John Alexander McCormack, vice commander of the American Legion, liked the looks of the navy as far back as 1904. He still thinks it is a good organization, although in recent years he has transferred his energies to the Navy Tuberculosis hospital at Fort Lyon, Colo.

Mr. McCormack joined the navy when he was seventeen years old. In 1905 he was transferred from apprentice seaman to hospital apprentice, and the following year was one of those who administered aid to the survivors of the famous turret explosion on board the U. S. S. Kearsarge, on Good Friday afternoon. He quit the navy in 1908, but heard the voice of the sea again in 1915. Within a year he was helping capture Vera Cruz with the landing party that went ashore from the Atlantic fleet.

Before 1917 had ended he had established a hospital at St. Angers, and Naval Base Hospital No. 1 at Brest. One of the things he does not mention about his career is the outbreak of a fire at Brest, during which he carried out several helpless patients and nearly ruined a couple of serviceable hands. During the Marne offensive he was on an operating team at Jullily.

The Legion thought so much of his spirit and capabilities that they elected him one of their national heads.

WARM FRIEND OF THE LEGION

John Lambros of St. Paul is Ever Ready to Feed the Hungry Ex-Service Man.

Whenever an ex-service man holding one hand on his stomach applies at the American Legion in St. Paul, Minn., the Legion asks: "Why don't you go to see John?"

"John" is John C. Lambros, a restaurant proprietor whose hobby is satisfying the gnawings of worthy ex-soldiers who are looking around for a job. At a recent celebration at the St. Paul armory he tackled a big contract and fed 600 men at cost—and it didn't cost very much at that.

Although Lambros was born in Sederocastron, Greece, nobody minds because nobody can pronounce it. And everybody swears that he is more of an American than many citizens of native birth. He has been in this country for 13 years, during which time he has developed this great passion for seeing that people do not go hungry in St. Paul, and become a warm friend and helper to the American Legion.

"LITTLE CHILD SHALL LEAD"

National Commander MacNider Offers Clever Fling at Editorial Comment on His Youthfulness.

Being referred to as a "child" is all right if one knows the trick of turning the phrase. The New York Times, in an editorial, referred to the youthfulness of Hanford MacNider, commander of the American Legion. In the next speech MacNider made, he said:

"You remember the story of the shaly young second lieutenant who was suddenly called upon to take command of a hard-bolled company. As he stepped to the front, some private in the rear rank muttered: 'And a little child shall lead them.' The officer commanded the man who made the remark to step two paces forward—and the whole company stepped up."

"He dismissed them and ten minutes later the following bulletin was posted on the company's board: 'This company will assemble at 3 p. m. in heavy marching order for a twenty-mile hike. And a little child shall lead them—on a d—n big horse.'"

A complete edition of a Berkeley, Cal., daily newspaper, will be prepared by the local post of the American Legion.

Alien soldiers and sailors are still taking out citizen's papers at the rate of about 700 a month, the department of labor reports.

Overlooking Kiluaea's crater, ex-service men are enjoying a private health resort established by citizens of Hilo, Hawaii.

Arrested for vagrancy while attempting to find work, three ex-soldiers were released from jail in Tulsa, Okla., at the request of the American Legion.

Refusing citizenship to two foreign-born "conscientious objectors," a Toledo judge was commended by the Tony Wroblewski post of the Legion, composed entirely of foreign-born Americans.

THE COTTAGE GARDENER

TRAINING TO STAKES

Growing Vegetables and Flowers Upright Saves Space.

Better Results Are Obtained From Most Plants by Keeping Them Off the Ground.

A good supply of large and small stakes is not a bad guess for the cottage gardener. There are some vegetables that will give better results by being trained to stakes than if allowed to spread out on the ground. Often this is not only better for the vegetables, but it saves the space for planting some other crop. The same is true of some flowering plants that otherwise might spread over several feet of space. Most plants look better when properly staked and kept pruned. Sun



Easy to Cultivate.

and plenty of air are necessary to almost any vegetable or flowering plant. Stakes can be used for several seasons if cared for after the growing season is over.

KEEP THE WEEDS OUT

Get After the Pests Before They Take Your Garden.

General Weeding Every Few Days Will Assure Grower Garden to Be Proud Of.

"Keep the weeds out!" To have a garden, either vegetable or flower garden, it is necessary to not only keep the weeds out, but to kill them.

Weeds absorb the life of the soil. They grow fast, and if allowed to get a start are hard to fight with any degree of success.

Every cottage owner or occupant takes pride in his garden until he sees that it "has been taken by the weeds." Then he loses interest and feels that it is not worth while.

The best time to get the weeds and to keep them out of the garden is to



Getting the Weeds.

pull them out as fast as they appear. By weeding the garden and posy bed every few days, there will be no trouble from the obnoxious pest.

SUNFLOWERS

Sunflowers are of easy culture. The seed should be planted in the open garden in spring at about the time that corn and beans are planted, or about a week after the average last frost.

BEES AND THE GARDEN

Honeybees Gather the Sweet From Blossoms.

Do Excellent Service in Carrying Pollen From One Plant to Another—They Are Worth While.

Honey bees—two or three hives of them—will prove a valuable investment to the back yard gardener. Most back yards have enough small fruit trees, flowers and blossoming vegetables to provide attraction for the bees. They are among the busiest invaders



Homes of Honey Bees.

of the growing vegetation, and there are not many blossoms which they will pass by—and, at the same time, they carry the pollen from one plant to another. This is absolutely necessary, in some way, to cause the plants to produce. When bees and birds do not carry the pollen from one plant to another about the only other chance is for the wind to perform the service. Let the bees do this important duty whether they are honey or other kinds of bees.

GET THE BUGS EARLY

Garden May Be Destroyed Unless Insects Are Killed.

Generous and Frequent Sprayings Are Necessary to Insure Returns to Industrious Gardener.

One of the principal of the numerous slogans of the successful cottage gardener is "Get the Bugs—and Get 'Em Early!"

Unless the bugs are killed before they have time to breed, the gardener has about as many troubles as he has when he has neglected the weeds.

The majority of young plants are infested with different kinds of bugs. Flowers usually are as badly affected



Spraying Young Plants.

as vegetables. The United States Department of Agriculture says:

One of the principal methods of combating both diseases and insects which attack plants is treatment with fungicides and insecticides.

Bordeaux mixture is used for a control of fungus diseases of many vegetables and fruits and as a deterrent of flea-beetle attack. It can be purchased in convenient package form from seed dealers or prepared at home from bluestone (copper sulphate), which costs 10 to 25 cents per pound, and fresh stone or lump lime (quicklime).

Bluestone, four ounces; quicklime, four ounces; water, 12 quarts. Or bluestone, four pounds; quicklime, four pounds; water, 50 gallons.

Dissolve the blue stone in a wooden or earthenware vessel, using hot water. Dilute with half the water. Do not use in tin or other metal containers, as they would be spoiled. Slake the lime by adding water, a little at a time. When reduced to a milky fluid, dilute with the rest of the water and strain through doubled cheesecloth or a brass wire strainer of 18 meshes per inch and pour into the bluestone solution. Stir well and apply at once. This is best when prepared fresh for each using.

SANDY AND CLAY SOIL

The chief virtue of sandy soil, says the United States Department of Agriculture, is that the roots of plants can pass through it readily; its chief fault is that it dries out too quickly. Clay soil holds water well, but it tends to pack and harden. Both types of soil need stable manure—it loosens up clay and helps sand to hold moisture.

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Dr. Kilmer's Swamp Root is on sale at all drug stores in bottles of two sizes, medium and large. 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. Advertisement.

Woman's Slogan.

Woman's dress nowadays may begin a little late and end a little early, but the canteen exaggerates when he says the modern girl's motto is, "Never put off till tomorrow what you can put off today."—London Opinion.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

When a young man's best girl expresses a wish it's up to him to pay the charges.

Any small boy in his first trousers feels sorry for his mother.

NERVOUS AND HALF-SICK WOMEN

These Letters Recommending Lydia E. Pinkham's Vegetable Compound Will Interest You

For Your Own Good Please Read Them

Youngstown, Ohio.—"Last fall I began to feel mean and my back hurt me and I could hardly do my little bit of housework. I was played out when I would just sweep one room and would have to rest. I would have to put a cushion behind me when I would sit down and at night I could not sleep unless I had something under my back. I had awful cramps every month and was just nearly all in. Finally my husband said to me one day, 'Why don't you try Lydia E. Pinkham's medicine?' and I said, 'I am willing to take anything if I could get well again.' So I took one bottle and a second one and felt better and the neighbors asked me what I was doing and said, 'Surely it must be doing you good all right.' I have just finished my eighth bottle and I cannot express to you how I feel, the way I would like to. If you can use this letter you are welcome to it and if any woman does not believe what I have written to be true, she can write to me and I will describe my condition to her as I have to you."—Mrs. ELMER HEASLEY, 141 S. Jackson St., Youngstown, Ohio.

"I was very nervous and run-down," writes Mrs. L. E. Wieser of 706 Louisiana St., New Orleans, La. "I

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts.

A COLD TODAY—DON'T DELAY

CASCARA QUININE Cures Colds in 24 Hours La Grippe in 3 Days W. H. HILL CO., DETROIT, MICH.

Ladies Let Cuticura Keep Your Skin Fresh and Young Soap 25c, Ointment 25 and 50c, Talcum 25c.

Skin Eruptions
Are Usually Due to Constipation
When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
For Constipation

PARKER'S HAIR BALSAM
Restores Color and Beauty to Gray and Faded Hair. Cleanses and Softens Scalp. Stops Itching. Stops Dandruff. Stops Hair Falling Out. Stops Itching. Stops Dandruff. Stops Hair Falling Out. Stops Itching. Stops Dandruff. Stops Hair Falling Out.

W. N. U., LINCOLN, NO. 11-1922.

A Guilty Conscience.
"You look troubled, Zeke," remarked Squire Witherbee.
"I am that, Squire," said Chiggerville's best-known loafer. "I've been down to the gospel tent hearin' that new sawdust evangelist preach on the sin of idleness. Before the feller got through, dog my cats if I didn't think he was personally acquainted with me!"—Birmingham Age-Herald.

How can a man's love grow cold when his wife keeps him in hot water?

The housewife smiles with satisfaction as she looks at the basket of clear, white clothes and thanks Red Cross Ball Blue. At all grocers.—Advertisement.

Poverty isn't a crime unless it furnishes one with prison fare.

Genuine

ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monoclonalacetone of Salicylicacid