

Madam, Raisins Cost Less Now

So Get Their Benefits and Their Flavor in Scores of Attractive, Money-Saving Foods

DUE to greatly increased crops, even though production costs are still much higher than in pre-war days, raisins now cost almost as little as before the war.

Use this luscious, energizing, healthful food lavishly, therefore, in scores of "plain foods" like rice pudding, boiled rice, bread pudding, Indian pudding, and in cake, cookies, pie, and with the children's cereals, to give them "luxury flavors" at "plain food" costs.

Raisins are both good and good for you.

So take advantage of these lower prices now.

Sun-Maid Raisins

Seeded—Seedless—Clusters

Packed under most sanitary conditions in fresh, clean cartons. Very highest quality. Insist on Sun-Maid Brand, the kind that you know is good.

New 11 oz. Package

Your retailer should sell you Sun-Maid Seeded and Seedless Raisins in 11 oz. packages for not more than 15c.

Not More Than 18c

Your retailer should sell you Sun-Maid Seedless Raisins in 11 oz. red package for not more than 18c.



Not More Than 20c

Your retailer should sell you Sun-Maid Seeded Raisins in 15 oz. blue package for not more than 20c.



The American Legion

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

HOME TALENT CARNIVAL WINS

Legion Post of Vicksburg, Miss., Raises More Than \$5,000 for Home for Organization.

More than \$5,000 was obtained by Allen Post No. 3 of the American Legion at Vicksburg, Miss., by a carnival put on by home talent recently, assuring the post of a Legion home in Vicksburg.

All of the shows and booths were built by Legionnaires with the exception of those operated by the Rotarians, Kiwanians and Knights of Columbus, which organizations built their own ducking tank, show and dance platform, respectively. Every organization in the city was asked to conduct a booth or show of some kind, using its own emblem or insignia and name, paying its expenses out of the



One of the Carnival Tents.

money taken in and turning the profits over to Allen post.

The Board of Trade, Chamber of Commerce, Civic League, League of Women Voters, Rotary club, Exchange club, Kiwanis club, Knights of Columbus, Masonic club, Jewish club, Vicksburg Shrine club, Italian Social club, Elks, Woodmen of the World, Loyal Order of Moose, Daughters of the Confederacy, the American Legion auxiliary, Voltaire Locale No. 191, de la Societes des 40 Hommes et 8 Chevaux were among the organizations using their own members as workers and performers.

A pretty girl and ugly man contest was held. It was a great community entertainment. All profits stayed in the city to go into a civic improvement. There were no sore spots after it was over, as is the case too often when a professional carnival company uses the Legion name to make a success of such an affair. Mayor Hayes of Vicksburg had this to say of it:

"Not one incident that would mar the pleasure of anyone occurred during the five nights. Everybody wanted to help make the carnival a success, and I never saw a happier community in my life. Vicksburg is 100 per cent for the American Legion."

NOW 82, AIDED IN TWO WARS

Oldest Member of Paris American Legion Post Auxiliary, Awarded Two Medals by Government.

Mrs. Emily C. Hellig scraped lint for the wounded soldiers of the Union army during the Civil war and for more than three years during the World war worked in the surgical dressing room of the American Ambulance hospital at Neuilly, France. She is the oldest member of the American Legion auxiliary to Paris post, her son, Sterling Hellig, author and newspaper man, having served with the American army.

During the Civil war Mrs. Hellig took part in the great sanitary fair at Philadelphia when ladies gave their sheets, tablecloths and napkins from which the lint was unravelled and re-rolled into tons of bandages. There were no gauze compresses in those days. These last, sixty years after her first war experience, she made at Neuilly. For her work from 1915 to 1918 she was awarded two medals by the French government.

She was eighty-two last April and in a recent letter to Mrs. Gilbert Jones, president of the Paris post auxiliary, she said it was a joy to have been associated with "those noble American women." Mrs. Hellig was born in Wilkesbarre, Pa. She was a sister of Rear Admiral George F. Kuntz, U. S. N., retired, who died a few months ago. Admiral Kuntz was with Farragut in his attacks on the forts along the Mississippi river, but returned to active duty with the World war.

LEGION IS MORE EFFICIENT

Lemuel Bolles, National Adjutant of Organization, Points to Enthusiasm Throughout Northwest.

Swinging from Indianapolis through Minnesota to Washington on the Pacific coast in the northwest, and back through California, Colorado and Kansas, addressing a state convention of the American Legion in each of the five states, Lemuel Bolles, national adjutant, has returned to headquarters with three outstanding impressions, as the result of his trip:

These he catalogued as first, a distinct improvement in the deliberations and personnel; second, one type of American citizen found in each state, and third, general enthusiasm toward educational work and community service, which, of course, includes the proper care of disabled veterans.

"The crowds looked the same," he said. "The men acted the same. There is a distinct type, these Legionnaires. They look one in the eye. They are keen and outspoken, self-confident. They constitute the ideal type of an American citizen."

In speaking of the improvement in delegations to the state conventions, care was taken to explain that subjects were more clearly defined than in the past, the committees stepped forward with their work in more confidence, the machinery ran smoother, and altogether capable leadership was asserting itself, more and more.

An illustration was given: "In two states factional fights had been waged," the national adjutant said. "They threatened to split the departments, but those fights never got to the floor of the convention. The trouble was ironed out in conferences. Leaders made concessions, all for the general welfare and progress of the legion."

"The spirit of the elections was 'not the best fellow, but the best man,' and this keynote was struck in each of the five conventions."

"There is no question but what the Legion is more efficient today in Minnesota, Washington, California, Colorado and Kansas than it was a year ago," he said.

Paying a tribute to the Kansas department, he told of the American Legion there taking a keen interest in the boys of the state industrial school, acting as guardians and big brothers.

"I was impressed by the independence of the Minnesota Legion," he said. "They never have taken a dollar from any source. Their department is splendidly organized. They are capable of making their own way without outside aid, and they are doing it with a vim."

Soldier settlement work is a vital program for the legion in the states of Washington and California, along with better citizenship and educational movements, such as night schools. The American Legion there is advocating and pushing through state reclamation projects and seeing that former service men are given preference not only in the work being done, but in the results. In California, soldier colonies are being established.

BOTH SERVED THEIR COUNTRY

Mrs. Paul Akin of Indianapolis Also Answered Call When Husband Joined the Navy.

Back there in the fall of 1917, when the sadness of parting invaded thousands of American homes, Paul Akin went home to dinner one night in Indianapolis and said to Mrs. Akin:

"Well, dear, the time has come. I'm going to join up—the navy."

"So?" said Mrs. Akin. "Well, I reckon I'll go along."

And the two of them enlisted and left Indianapolis together. They took the oath of allegiance and were sworn in together. It was the only couple recorded so.

Mr. Akin went to the Navy department at Washington and was assigned to the office of naval intelligence, later being transferred to the bureau of navigation. She served her full time. And now, back again in the role of housekeeper, she is active in the Woman's auxiliary of the American Legion—one of the most active, in fact. She garnered for the auxiliary to the Admiral George Dewey post of Indianapolis the honor of obtaining the first permanent charter issued by national headquarters, and is president of her organization.

Doubtful. It always pay to tell a maid, Here in the first kiss you're ensnared. But in the kiss I'm not so sure— It pays to play the amateur. —American Legion Weekly.

PRISON LOSES "CAMERA EYE"

Man With Exceptional Endowment Gives Up Position He Had Long Held at Sing Sing.

Sing Sing is without the "human camera eye" which pierced through disguises and made alibis futile, for Louis Powers, Bertillon expert at the prison for 20 years, who finger-printed and photographed more than 20,000 Sing Sing convicts during his service, has retired.

He was famous for his ability to identify criminals, and for years has been known as "the camera eye of Sing Sing." He was often called on for information about criminals in various parts of the world, and frequently attended trials to establish prison records of men and women on trial. Besides learning by experience that women, even though preparing for the death sentence, were "very vain," Powers said that he had profited little from his unique position except what he obtained in the way of salary.

Only Minor Scandals.

Ethel—"She believes in keeping things to herself." Clara—"That's why she seldom hears anything worth while."

Ostentatious meekness is a form of egotism.

When England Had No Dukes.

The duke of Norfolk was brought to the block in 1572, and in him perished the last surviving English duke. For more than half a century England had to do its best—defeat the Spanish armada, conquer Ireland, circumnavigate the globe, lay the foundations of empire, produce the literature of the Elizabethan age—without any ducal assistance.—From Pollard's "History of England."

Something Saved.

Mary's mistress, awaiting tea, heard a loud crash in the next room. The lady shivered and rang the bell to call Mary in.

"What was that?" she asked. "I tripped on the rug and the tea-things fell, ma'am."

"Did you manage to save anything?"

"Yes, ma'am, I kept hold on the tray all right."—Exchange.

Isn't Nature Wonderful.

It is said that the coconut palm will supply about every physical need of man—food, drink, shelter, fuel, utensils and if need be, clothes. A South American proverb runs, "A coconut tree is a bride's dowry."—Boston Transcript.

It matters not what you think of a man, provided you don't think out loud.

Which Is Larger the Sun or a Cent

The sun is the largest but you can hold the cent so close to your eye that you'll lose sight of the sun. Don't let a cheap price or a big can baking powder make you lose sight of quality.

CALUMET

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Is the quality leavener—for real economy in the kitchen, always use Calumet, one trial will convince you.

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The best violin strings have always come from Italy. Why this should be is something of a mystery, but in the making of strings, as in the making of violins, Italy has always led the world.

And Starts His Pump.
The mosquito is an economical little aviator. When he lands on you he always shuts off his engine.—Boston Transcript.

The Better Plan.
"Don't you think she should have her voice cultivated?"
"Yes, plowed under."—Life.

A million men have turned to One Eleven Cigarettes

—a firm verdict for superior quality.

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The American Tobacco Co.

WESTERN CANADA

Big Wheat Crops

Canada is the world's greatest producer of wheat—second only to the United States—yet only about 12% of the tillable area has been worked. Yields of 40 bushels of wheat per acre are not uncommon. Oats have given as high as 100 bushels per acre, while 40 to 50 bushels per acre are ordinary yields; barley and rye in like proportion. Cattle and horses thrive on the native grasses which grow abundantly and corn and sunflower culture are highly successful.

Stock Raising, Dairying and Mixed Farming

secure for the industrious settler ample returns for his energy. Clearing the cost of one's farm with a single year's crop has an appeal, and has been done by hundreds of Western Canada farmers. Taxes only upon land (not on improvements). Perfect climate, attractive social conditions, good neighbors, churches, schools, telephones, excellent markets and shipping facilities make life happy as well as prosperous.

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