# Che. American

the American Legion News Service.)

#### IN MEMORY OF TOLEDO DEAD

Buckeye City and County to Erect Magnificent Monument to Memory of War Heroes.

A monument of "living flame," to memorialize the heroic dend of Toledo, O., and of Lucas county, is to be erected on the most prominent spot in Memorial park, a new project, which, according to founders, will soon become a reality.

Sweeping through the park is a roadway, already known to Toledo citizens as "Memorial Way." Sides of this roadway are flanked by trees, each of which is named for some man from Toledo or Lucas county who made the supreme sacrifice in the World war, bearing his name in everlasting bronze and keeping forever fresh his memory. Other roadways of the park will be named after cities, towns and particular engagements in which these men fought. The whole centers around the great monument, where a tower of unusual proportions is surmounted by a light which may be seen for miles.

The site of the park covers 215 acres, much of which is forested and naturally adapts itself to landscaping. While a portion of the park is to be used as a general cemetery, a section near the thonument, which will permit the interment of 2,000 bodies, has been set uside for the use of the American Legion, where the bodies of soldier and sailor dead may be interred and perpetual care assured. The administration of this section is directly under the Lucas county Legion council, who will have a seat on the board of trus-

Dedication of the memorial trees is planned for Decoration day, at which time the Legion will have charge of the of the corner stone will occur later in | building in Des Moines. the summer.

The "Memorial Lantern," as the monument is tentatively known, will be maintained by the park officials without cost to soldiers' organizations, and arrangements are being perfected by them to make the burning of the great light perpetual.

#### KNOW THE NATIONAL ANTHEM

Minneapolis Aliens, Members of Amer-Icanism Graduating Class, Sing "The Star-Spangled Banner."

At least one group of Minneapolis aliens have proved that they know the words of the national anthem, "The Star-Spangled Banner," better than do many native Americans, according to a report received by the Americanism commission of the American Legion.

These aliens, all members of Amerleanization classes conducted throughout the city by school and naturalization officials, have completed their night school work and made up a class of 63 graduates at a commencement day program recently held.

Greeks and Italians mingled with the blond sons of Norway and Sweden, lads not out of their 'teens sat on the platform with a number of middle-aged women and older men, all with a mutual desire-to become American citizens.

As the closing feature of the commencement day program both the class and the audience, numbering nearly 1,000, stood and sang the national anthem. Those of the class knew the song, every word of it. The learning of it had been one of the most interesting achievements of the whole course of training for citizenry they had undertaken. Many members of the audience, singing away, stumbled over words of the verses, forgetting them, while those who were aspiring to become American citizens sang every word.

Diplomas were presented to all graduates of the class by Minnesota school and naturalization authorities, under whose auspices the classes are held. The classes are well attended and are decreasing difficulties which naturalization presents to the foreigner, making Americanization problems much easier for both the authorities and the aspirants for citizenship.

#### ALL URGED TO WEAR A POPPY

Chamber of Commerce of United States Requests Reverence of Men Who Fell in France.

All Americans are prged to wear the French poppy on Memorial day "in honor of the men who fell in France." by the Chamber of Commerce of the United States, in a recent bulletin to member bodies in all parts of the country.

Replying to a request for assistance from the American Legion, Elliat H. Goodwin, resident vice president of

the chamber, said: "With this request we very gladly and sympathetically comply. It is our hope that organizations of business men will promote the wearing of poppies on May 30."

Poppies will be sold by American Legion posts and units of the Legion Auxiliary for the benefit of its graves endowment fund, for service and relife work and for war memorials.

#### LEGION MAN IS AN AUTHOR

"Rainbow Bright" Is From the Pen of Lawrence Stewart of Des Moines; Also an Artist.

A "buck private" during the World war, Lawrence O. Stewart, American Legion member of Des Moines, is now obtaining recognition as a writer, painter and sculptor.

Stewart is the author of "Rainbow Bright," an informal history of the Forty-second division, with which he served in France as a private in the sanitary detachment of the One Hundred and Sixty-eighth infantry. Illustrations for the book are leaves torn from the sketch book which Stewart carried in his gas mask. They were prepared oftentimes under fire. A preface for the book has been written by Col. E. R. Bennett, who commanded the One Hundred and Sinty-eighth infantry in action.

Stewart is a graduate of the Chicago Art institute in painting and sculpture,



Lawrence O. Stewart.

and also studied at the Beaux Arts in New York. He was an instructor in painting and modeling at Drake university for a year and a half prior to the war and now has a studio in Des

His work includes a bronze bust of the late Henry Wallace, father of the present secretary of agriculture. He is now making a bust of Lincoln for services. The ceremony of the laying the new Abraham Lincoln high school

#### FOR THEIR BUDDIES' GRAVES

Disabled Men in Oteen (N. C.) Hospital Contribute in Remembrance of Fallen Comrades.

Disabled veterans, who have spent long years in an effort to regain their health shattered by World war service, remember their fallen comrades who lie in "Flanders Fields."

Accompanying a tin box containing money for the American Legion's endowment fund to provide for the decoration of the graves of overseas dead, came a note from ex-service men in ward 1-3 of United States hospital at Oteen, N. C., as follows:

"National Treasurer, American Le-

"Enclosed you will find the mite contributed by the boys of ward 1-3 of this hospital. Each coin dropped into this little box was dropped with the remembrance of the boys who fell, our buddles, and the least we feel we can do is to wish for their graves to be kent green.

And the thought we send across the wave As we lie upon our cot, Is to plant upon each far-off grave One sweet forget-me-not.

Proceeds of the Legion's endowment fund will insure that the graves of 32,000 veterans in Europe will be decorated each Memorial day.

#### HERRICK LAUDS FUND PLAN

Ambassador to France Endorses Legion's Campaign to Provide for Decoration of Graves.

Myron T. Herrick, American ambassador to France, recently wrote American Legion national headquarters in Indianapolis endorsing the Legion's campaign to raise a fund to provide for the decoration of 32,000 graves of war dead everseas each Memorial day.

"This delicate and kindly thought of the American Legion in assuming the responsibility for the appropriate decoration of the graves of the American soldiers in France has received the universal and grateful approval of the families, relatives and friends of its dead comrades," Ambassador Herrick stated, "It is an assurance of permanency and efficiency in the outward remembrance of our honored dead. Also, it is a comforting thought that the graves of our boys who sleep in the fields of France, where they fought and died have become the sacred trust of their living comrades, the Legionnaires."

Similar messages of approval for the campaign have been received by the Legion from General Pershing and Secretary of War Weeks.

#### An Even Chance.

Hogan was tired of the city and wanted to move out to the great open spaces where men are men and all that sort of thing. Accordingly, he sought information from a friend.

"Clancy," he said, "ye've taken a homestead, so ye know all about it. Will ye be tellin' me th' law about goin' about it?"

"Well," said Clancy, "I'm not afther rememberin' the letter of th' law, but here's what it amounts to. Th' guvviment is willin' to bet ye wan hundred an' sixty acres of land agin' \$14 that ye can't live on it five years without starvin' to death."-American Legion Weekly.



#### BLACKHEAD IS MOST DEADLY

When Disease Appears Afflicted Members of Flock Should Be Isolated for Treatment.

The most dangerous and deadly disease that afflicts turkeys is known as blackhead. It is so called because its one outward distinguishing characteristic is that in mature turkeys the heads turn dark. Only the heads of turkeys too young to show red do not turn black. Inside the fowl, one will discover if a post-mortem is held, the liver will be enlarged and spotted, and the large colon will usually be empty while the small one is often crammed with a hard substance.

As soon as this disease puts in its appearance, the afflicted members of the flock should be removed for separate care. Use air-slaked lime, or any convenient disinfectant, freely about roosts and feeding place. In the mash fed to turkeys three to four months old mix thoroughly one tablespoonful of oil of turpentine to each 20 well fowls. Increase the dose gradually to two tablespoonfuls. After a week cease, but begin at once upon reappearance of the disease. Use a proportionate amount for younger tur-

Blackhead, unless caught in its very early stages, is usually fatal and only the stoutest poults will recover. The sick fewls require a great deal of attention and in addition to the turpentine in soft food recommended above for the well fowls, the sick ones should have a daily dose of two or three drops of turpentine to each fowl in a small amount of bran and meal mash. The sick ones should be fed forcibly if they decline to eat, and should not be allowed much water to drink. For an infected old turkey, give a tablespoonful of oilve oil every few days in addition to the turpentine.

Some say that blackhead is not a communicable disease in so far as one fowl will "catch" it from another. However, the germs live a long time, whether in infected soll, coops, fixtures or what not. Often blackhead is a disease of captivity, of management, or of improper feeding. Improper feeding, in the average case, means overfeeding. The feeding of turkeys must be regarded merely as supplementary to what is obtained on the range and the amount should be regulated accordingly.

#### PLANNING FOR FALL PULLETS

It Is Well to Figure on at Least Five Eggs for Every Fowl Going Into Laying House.

How many pullets are you planning pext fall?

At this time of the year, according to W. H. Allen, extension specialist in poultry husbandry of the New Jersey state agricultural college, every poultryman should start planning for the number of pullets that he expects to put into the laying quarters next November.

Too often the poultryman finds when he goes to fill his house with pullets that he has not the number that he needs to fill it, and as a result often carries over too many hens which will not pay him nearly as well from a market egg standpoint as good early hatched pullets.

If one is hatching his own eggs, it is well to count on at least five eggs for every pullet that is to go in the laying house. Figuring on the expectation of a 50 per cent batch and also on the assumption that for every pullet that is hatched there will be one cockerel, it will take four eggs for every pullet that is hatched.

From records kept by poultrymen a 10 to 20 per cent mortality is to be expected in rearing the pullets; therefore, a good poultryman figures five to six eggs for every bird that is to be put in the laying house the next fall.

#### POULTRY HINTS

Early to rise and late to roostthat's a good hen.

If you expect the best results in raising chicks, do not use pullet eggs.

Newly-hatched chicks should not have any feed for 36 hours after hatching, and in most cases 48 hours

A good concentrate or egg mash for hens is suggested as follows: One hundred pounds cornmeal, 100 pounds wheat bran, 100 pounds wheat middlings, 100 pounds gluten feed, 100 pounds meat scrap.

A sick hen may be faded like a good layer, but she will lack the vigor shown by a good layer.

A chicken preyed upon by parasites has poor chances to make anything of itself. Blood-sucking insects sap its

If you have no incubator and must use hens for hatching, always choose the gentle hens for mothers of your flock. Put the floppers and all excitable hens in the pen and break them

#### SIMPLE STATEMENT OF FACT

Explanation Showed That Both Manager and His Assistant Had Told the Truth.

With a firm tread and a masterful air the woman stepped into the florist's After gazing about for some mo-

palm in an ernamental pot. The assistant approached with def-

she inquired.

"Yes, madam."

"Don't say it will if it won't," she snapped. "If it does well in the sun, will the shade hurt it?" "Oh, no, madam."

"What?" she exclaimed. "You tell me it will thrive equally well in sunshine or shade? Young man, you don't ments her choice fell upon a green know your business. Fetch the mannger.

he quailed before her; but, all the death than the man.

"Will it grow well in the sunshine?" same, he backed up his assistant's statement.

"Then it is really a remarkable plant," she commented, sarcastically, "My good man, it is both ridiculous and

unnatural." "That's just it," said the manager, quietly; "it's an artificial plant."

Statistics show that if a man and a woman are riding together in a train which meets with disaster, the The manager was summoned. Even woman has more chances of escaping

## IMPORTANT: Save this announcement, read it carefully, and keep for reference. It may

Save this announcement, read it caremean money and knowledge to you.

# Over \$7500.00 for Grape-Nuts Recipes

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying \$50.00 for each one accepted. And in addition-

Good Housekeeping Institute, conducted by Good Housekeeping Magazine, will decide an award of \$2500.00 for the best four of the 101 or more Recipes or suggestions for new Uses of Grape-Nuts, so purchased:

\$1000.00 for the 1st selection \$750.00 for the 2nd selection \$500.00 for the 3rd selection \$250.00 for the 4th selection

Read carefully the terms of this offer so that you may have the fullest opportunity to share in its benefits. The conditions are so simple and fair that every housewife in the United States can take part in this National Recipe Festival!

# There Is No Other Food Like Grape-Nuts

THILE practically ings for fowls, etc. No doubt every man, woman and child in the English-speaking world knows Grape-Nuts as a delicious, nourishing and wholesome cereal, and while it is common knowledge that Grape-Nuts with milk or cream is a complete food, many housewives do not know of the appetizing and economical dishes that can be prepared with Grape-Nuts. It lends itself, we believe, to more uses than any other cereal. The convenience and economy of Grape-Nuts, and the flavor, zest and wholesomeness which it imparts to other food, make it invaluable in every home.

Frequently we receive interesting letters from women throughout the country, telling about the attractive dishes they make with Grape-Nuts-delicious puddings, salads, dress-

there are thousands of women who are finding varied uses for Grape-Nuts in their home cooking, and even more thousands who will be glad to learn of those varied uses; for while we all cling to old favorite dishes, we also welcome and enjoy a change.

So that is the thought back of our offer of more than \$7500.00 in cash for new ways of using Grape-Nuts. To those women who are already using Grape-Nuts in various ways, other than as a breakfast cereal or in the recipes given here, and to those women who would like to try their hand at developing some new way to use Grape-Nuts, we offer to buy at \$50.00 each not less than 101 new Grape-Nuts Recipes. We plan to include these new Recipes in a beautifully illustrated cook book.

# What Is Grape-Nuts?

Grape-Nuts is a highly nutritious food in the form of crisp, golden granules. It contains the full nutriment of wheat and barley, including vitamin-B and mineral elements required for building sturdy health. These elements are often lacking in the ordinary diet, chiefly through 'over-refinement' in the preparation of food.

No other food is so thoroughly baked as Grape-Nuts. More than 20 hours are consumed in the baking process which makes Grape-Nuts easy to digest, and also develops a natural sweetness from the grains themselves.

The form and crispness of Grape-Nuts invite thorough mastication - a decided advantage because this not only provides proper exercise for the teeth, but makes for good digestion.

Every housewife in the Land should take advantage of this extraordinary opportunity to earn the tidy sum of \$50.00 by a little pleasant and educational effort in her own home. Also the fair and equal chance to secure one of the liberal awards to be made by Good Housekeeping Institute.

Moreover, there's the greater knowledge of the value of Grape-Nuts, not only as a delicious breakfast cereal, but in the preparation of a variety of appetizing dishes that add to the health and pleasure of the whole family.

Where you don't find Grape-Nuts you won't find people "There's a Reason" Sold by grocers everywhere!

### Conditions Governing the Purchase of, and Awards for Grape-Nuts Recipes

The Postum Gereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying \$50.00 for each one secepted. This offer is open to every person in the United States.

Good Housekeeping Institute, conducted by Good Housekeeping Magazine, will decide an eward of \$2500.00 for the best four of the 101 or more Recipes or suggestions for new Uses of Grape-Nuts, so purchased. \$1000.00 for the 1st selection; \$750.00 for the 2nd selection; \$500.00 for the 4th selection; and \$250.00 for the 4th selection.

Recipes must be mailed between May 1st, 1°25 and August 31st, 1923. Recipes or suggestions for new uses submitted for purchase must not duplicate any of the tea Recipes printed in this announcement.

No Recipe will be purchased from anyone directly or indirectly connected with the Postum Gereal Company, Inc., or Good Housekeeping Institute.

If more than one Recipe is offered, each must be written on a separate sheet. Write name and address plainly on each Recipe submitted. In the event of a tie for any award offered, an award identical in all respects with that tied for will be made to each one tying. It is not necessary to purchase Grape-Nuts. A suitable quantity will be sent upon request to those desiring to submit recipes.

Your Recipe should state the exact number intended to be served. Recipes should be carefully tested to make sure that proportions and directions for preparing will bring best results.

Form of Racine: First, write name of you Recipe at top of sheet; underneath list all ingredients, using level measurements only; then the directions for preparing, worded simply and accurately. Do not send specimen dish.

In considering Recipes for purchase, and for awards by Good Housekeeping Institute, ac-count will be taken of the following points:

(a) Palatability,
(b) Simplicity and economy.
(c) Accuracy and clearness of expression of recipe.

Announcement of the Recipes purchased, and Awards by Good Housekeeping Institute, will be made in January Good Housekeeping. Recipes sahmitted to the Postum C. Company for purchase will not be returned

All Recipes must be addressed to RECIPE DEPARTMENT
Postum Cereal Company, Inc., Battle Creek, Michigan.

Below are ten Recipes showing a few of the many appetizing dishes that can be made with Grape-Nuts. Read them over, try some of them, and then you will find it easy to work out a new Recipe or think of a new use for Grape-Nuts, that we may purchase. And remember, your Recipe or suggestion for new use of Grape-Nuts may also merit one of the large awards. GRAPE-NUTS Ice Cream

Prepare plain flavored ice cream in the usual way. Just before the cream hardens in freezing, add Grape-Nuts as it comes from the package, in the proportion of one-half cup of Grape-Nuts to one quart of ice cream. If you buy ice cream ready made, add Grape-Nuts in place of nutmeats. You'll find the resulting flavor unique. GRAPE-NUTS Salad

cup Grape-Nuts 2 teaspoons lemonl sliced orange

/2 cup cubed pineapple
Cut up the fruit, add lemon-juice, mix with GrapeNuts, and serve on bed of lettuce with Cream
Salad Dressing. Makes four to six portions. GRAPE-NUTS Six Minute Pudding I cup Grape-Nuts I tablespoon sugar 1½ cups scalded milk ½ cup raisins Gover Grape-Nuts with scalded milk. Add sugar, raisins, and a little nutmeg. Cook six minutes directly over the heat, stirring constantly, and serve with any good pudding sauce. Makes four to six cortions.

GRAPE-NUTS Cookies 1 cup Grape-Nuts
2 cup shortening
13 cups light brown
sugar
4 cup milk
2 well-beaten eggs
1 cup chopped seeded raisins
Cream shortening and sugar. Add milk and wellbeaten eggs. Add well-sifted dry ingredients,
and raisins that have been dusted with part of
the flour, and then the Grape-Nuts. Beat thoroughly and drop from a spoon on baking sheet
one and one-half inches spart. Bake in a moderoughly and drop from a spoon on baking shee one and one-half inches apart. Bake in a moder

GRAPE-NUTS Cheese Casserole GRAPE-NUTS Cheese Casserole

44 cup Grape-Nuts
14 cups milk
1 tablespoon butter
14 teaspoon soda
1 teaspoon sola
1 teaspoon solt
Scald the milk. Add Grape-Nuts, butter and seasonings and combine with the cheese and eggs, the latter slightly beaten. Pour into a buttered baking dish, surround with hot water and bake slowly for forty-five minutes in a slowyen. Serve as the main course at luncheon, supper, or a meatless dinner. Makes four to six portions.

GRAPE-NUTS Fruit Pudding

GRAPE-NUTS Fruit Pudding I cup Grape-Nuts
I package lemon Jell-O
or lemon flavored
gelatine
Add the boiling water to the Jell-O or lemon flav vored gelatine and stir until it is dissolved. Pour into a mould, and after the mixture has cooled slightly, add the Grape-Nuts and fruit; then alslightly, add the Grape-Nuts and fruit; then al-low the mixture to chill and harden. Makes four

GRAPE-NUTS Meat Loaf I cup Grape-Nuts I pound yeal, mutton 1 egg 1/2 tablespoon lemonor beef
he pound salt pork
teaspoon salt
steaspoon pepper 2 tablespoons tomato 1/2 tablespoon chopped

% tesspoon pepper ½ tablespoon chopped 2 tablespoons milk paraicy ½ minced onion
Put the meat through a food chopper, add seasonings. Brown minced onion in a little fat before adding Grape-Nots, milk, and slightly beaten eggs. Pack in a baking dish, shaping like a loaf of baked bread and smooth evenly on top. Bake for forty-five minutes, basting frequently using one-half cup of hot water, a tablespoon at a time. Just before taking from oven, brush with some of the beaten white of egg and a little milk. Brown for one minute. Makes four portions.

I cup Grape-Nuts

1/2 cups Pastry flour

1/2 cups sugar

3 cgs

1 cup milk

Cream butter and sugar; add cgg-yolks well
beaten; then milk and Grape-Nuts. Beat the
mixture thoroughly, fold in alternately the stiffly
beaten egg-whites and flour sifted with bakingpowder three times; lastly, add the vanilla. Have
cake pan previously greased and lightly floured;
fill two-thirds full and bake in a moderate oven

GRAPE-NLITS. Towards. GRAPE-NUTS Loaf Cake

GRAPE-NUTS Tomato Soup

GRAPE-NUTS Tomato Soup

4 cap Grape-Nuts
1 sliced onion
1 quart tomatoes
2 teaspoons salt
2 cups water
4 teaspoon soda
10 peppercorns
3 tablespoons butter
Cook tomatoes, water and seasonings twenty
minutes; strain and add selt and soda. Crush the
Grape-Nuts with a rolling pin. Melt the butter,
add the rolled Grape-Nuts, combine sand heat
the soup to the boiling point. Substitute whole
Grape-Nuts for croutons in serving individual
soup plates. Makes four to six portions.

GRAPE, NUTURE D.

GRAPE-NUTS Fudge

GRAPE-NUTS Fudge

2 cups granulated sugar
2 cups granulated sugar
3 teaspoon salt
1 cup milk
2 teaspoon vanills

Combine the sugar, milk, chocolate and salt;
place over a slow heat, and stir constantly until
the sugar is dissolved. Then continue boiling
gently, without stirring, until the thermometer
registers 236 degrees F., or the mixture forms a
soft ball when dropped in cold water. Set the
pan in bowl of cold water and allow to stand undisturbed until there is no heat in the fudge mixture. Remove and add the butter and vanilla.
Beat the mixture until creamy and thick, then
add Grape-Nuts and continue beating until stiff
enough to knead. Turn out on a buttered plate
and cut into desired squares.