

# WRIGLEY'S

"After Every Meal"



Get thrice-daily benefit from this low-cost aid to appetite and digestion

It keeps teeth white  
breath sweet  
and throat  
clear

Makes your  
smokes  
taste  
better



Still  
5c



## The Flavor Lasts

Her Little Bit.  
She was giving orders at express rate, for they were married.  
He—poor man—was, as a rule, the most submissive of men.  
But even a cab-horse will turn.  
Throwing out his manly chest, until he nearly lost sight of it under the stubble on his chin, he brought his fist down with great gentleness upon the table.  
"Do you think, my dear," he ventured, "that you rule the whole universe?"  
"No," she snapped; "but I rule the first letter of it!"

Agricultural Enterprise.  
"The instructions I get from our congressman on how to make a farm pay," remarked Farmer Courtless, "are kind of disappointin'."  
"They give a great deal of information about agriculture."  
"Yes, but what I want is some reliable advice about how to turn the old place into a real estate subdivision."  
Ask Something Hard!  
"Why are these called 'silver onions'?" "Because they come in sets and are for table use."—Farm Life.

# The AMERICAN LEGION

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

## IN BEHALF OF DISABLED MEN

Bentley Post at Cincinnati Regarded as Model for Systematic Program for Work.

Robert E. Bentley Post of the American Legion at Cincinnati, O., has attracted national attention because of its activities in behalf of sick and disabled veterans of the World war. Its systematic program for work is regarded by Legion officials as a model for posts.

The work has been assigned to four committees: for hospitalization and compensation, hospital entertainment, sick members and employment.

The hospitalization and compensation committee takes care of all cases in which ex-service men seek to obtain their rights from the government. Its duties are to direct the applicant to the proper federal authorities and to follow up the case. The Red Cross has aided the post committee by stationing a worker at the club rooms at all times to handle emergency cases.

Visits to each Cincinnati hospital where veterans are lodged are made at least twice a month by the hospital entertainment committee, which notes the general condition of the hospitals and provides entertainments for the patients.

The sick committee visits all ex-service men in their homes as soon as the cases are brought to the attention of the post members.

A free employment bureau for all veterans is operated at post headquarters by the employment committee.

The Women's Auxiliary of the post has assumed a large share of the work. This organization has a general chairman of hospital work with a sub-chairman for each hospital.

At the General hospital a complete dinner is set once a month. Cigarettes, candy, fruit and cakes are provided weekly at all hospitals, as are magazines and books. At Rockhill the men were supplied with piano and victrola, a motion picture projector, knitting machines, pajamas, sweaters, caps, socks and other comforts. The Auxiliary women have made sheets, pillows and bed sacks for the patients. Each man is interviewed at each visit and personal favors are executed whenever possible.

For the benefit of those men who are vocationally handicapped the Auxiliary conducts a shop in the post club rooms where disabled men are employed in the manufacture of wicker, bead and mat work. The articles are marketed by the women and the proceeds are turned over to the veterans.

All caskets of ex-service men passing through Cincinnati have been decorated by the Legion women. Families of Cincinnati men who died in the service are visited and sympathy extended.

## SAYS LEGION IS GREATEST

Alaska National Executive Committee Member Points With Pride to American Organization.

Harold F. Dawes, member of the National Executive Committee of the American Legion for Alaska, says that the American Legion is the greatest organization in the United States and backs up his statement with the argument that "any organization is only as great as the people behind it. Political, fraternal or religious organizations must be limited by the prevalence of belief on the subject for which the organization stands. The American Legion, drawing its members from every type of organization and from practically every family in the United States, has the backing of the whole nation."

Mr. Dawes was born and educated in Wisconsin. When he was graduated from high school he went West and finally settled at Wrangell, Alaska, as proprietor of a weekly newspaper. Later, he sold his newspaper and attended Valparaiso University Law school, finishing the course in 1915.

As a member of the artillery park unit of the First army, Mr. Dawes served in France. After his discharge from the army he returned to Alaska and entered the practice of law at Juneau. He is a charter member of Alford John Bradford Post No. 4 of the Legion and is now vice commander of the department of Alaska as well as national committeeman.

Seattle Has Veterans' Hotel. "Veterans' Hotel" a three-story structure with accommodations for 250 Seattle unemployed ex-service men, is the result of the activities of Seattle Post No. 18 of the American Legion and a committee of prominent citizens of that city. Any veteran in need of temporary shelter will be housed in the hotel for a reasonable length of time regardless of Legion membership. The project was financed by the Legion and popular contributions.

## FITZPATRICK IS BUSY MAN

Chairman of Americanism Commission of Wisconsin Is Administrator of Educational Bonus Law.

Edward Augustus Fitzpatrick, chairman of the Americanism Commission of the Wisconsin department of the American Legion, has become known to thousands of veterans because of his position as administrator of the educational bonus law of that state, which allows \$30 a month to ex-service men who desire an education.



Although he is only thirty-seven years old, Mr. Fitzpatrick has had exceptional experience in the field of educational administration. He is a graduate of the New York City training school for teachers and received three degrees from Columbia university. Following his university study, Mr. Fitzpatrick was a teacher in New York public and high schools and later became connected with the New York training school for public service. Mr. Fitzpatrick was assigned to the Wisconsin board of public affairs for educational investigations and afterwards became executive secretary of the commission of practical training for public service and a director of the society for promotion of training for public service.

During the war, Mr. Fitzpatrick served as a major of infantry and was in charge of draft administration in Wisconsin. Since January 1919, he has been secretary of the Wisconsin state board of education. He is the author of a number of books and articles on educational problems.

A member of the Madison, Wis., Post of the Legion, Mr. Fitzpatrick, has served as chairman of various state committees and is now chairman of the state publicity committee, in addition to his duties in the field of Americanism.

## M'ALISTER ROSE TO MAJOR

Arkansas Officer's Unit Made Record for Number of Men Discharged in One Day.

Heber L. McAlister of Conway, Ark., chairman of the Americanism committee of the Arkansas department of the American Legion, endeared himself to many ex-dough boys when his unit at Camp Dix, N. Y., discharged more men in one day than any other unit in the army. The score which he commanded as a major, was 1,536 discharges in one day.

A member of the Arkansas National Guard, Mr. McAlister entered the federal service early in the war and served in America and France. He rose from second lieutenant to major.

Mr. McAlister was educated in the common and high schools of Mississippi and was graduated from Mississippi college. He was an assistant in mathematics at his alma mater for one year and then became a member of the faculty of Ouachita college. He was acting president of the latter institution when he resigned to enter the service. Mr. McAlister is now director of extension at Arkansas State Normal school.

## SEARCH FOR BERGDOLL'S AID

Legion is Endeavoring to Find Man Alleged to Have Helped Slacker Reach Germany.

The American Legion is searching for the man who is reported to have aided Grover C. Bergdoll, notorious slacker, in his escape from Canada to Germany, according to Lemuel Bolles, national adjutant of the Legion, who said that the Legion is especially concerned in that Bergdoll is alleged to have obtained his passport in Winnipeg by using an American Legion button and the army discharge papers of a Legionnaire.

Mr. Bolles has appealed to the Department of Justice to ascertain the facts in the case and proposes, if the report is true, to see that the man is apprehended, expelled from the Legion and brought to a speedy trial.

Bergdoll has been the target of numerous attacks of the American Legion. When he "escaped" from prison a reward of \$500 was offered for his capture and a number of Legion posts in many parts of the country took similar action to bring about his capture. One post adopted resolutions urging the President to demand the release of the two Americans who tried to recover Bergdoll in Germany.

Familiarity's Breed. At the grave of the departed the old darkey pastor stood, hat in hand. Looking into the abyss he delivered himself of the funeral oration.

"Samuel Johnson," he said sorrowfully, "We hopes you is gone where we speeks you ain't."—American Legion Weekly.

The Greater Shame. Wifey—Aren't you positively ashamed that your wife and daughter are out at the elbows?  
Hub—Nope. But I am ashamed that they are all out at the knees.—American Legion Weekly.

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# CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

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## HOW ONION AFFECTS EYES WHY ONE'S TEETH "CHATTER"

"Gas" Given Off Causes Smarting and the Organ Hastens to Take Relief Measures.

The "gas" given off by a freshly peeled onion makes itself apparent in two ways—by a strong aroma which is at once apparent to the sense of smell, and by a smarting of the eyeballs, which, being very sensitive, are hurt by this substance to which they are not accustomed.

The nerves of the eye immediately signal the brain to turn on the tears or liquid which is secreted by the body as a natural eye-wash. This, flowing over the eyeball, forms a curtain which prevents the onion "gas" from coming in direct contact with the nerves and thus injuring them.

Tears are present in the eye at all times. When we wink, a tiny drop of the tear-liquid is smeared across the ball of the eye and washes off particles of dust which may have accumulated. But when this liquid is produced so rapidly that it cannot be carried off by the trough at the lower part of the eye, the tears overflow and run down the face.

Certain Set of Muscles, Affected by the Cold, Get to Work, Irrespective of Will.

The little muscles which close the jaw are acted upon by the cold in such a way that they pull the jaw up and then let it fall by its own weight.

This, repeated many times, causes the teeth to click together and produce what we know as "chattering."

We think of it in connection with our tooth because it is the teeth which make the sound, but the cause lies in the muscles which we use in chewing or in opening our mouth when we speak.

The chattering occurs in spite of the will or brain. We have little control over it, and can stop it only by clenching the teeth. It is really a mild variety of spasm caused by the cold, which acts on the jaw muscles in much the same way that some poisons produce muscular spasms which cannot be controlled.

Returning the Compliment. Professor's Wife—I suppose you have forgotten that this is the anniversary of your wedding day?  
Absent-Minded Husband (abstracting himself from comic sections)—Eh! What? Dear me! Is it really? And when is yours, my dear?—Boston Transcript.

In a Manner of Speaking. "He's crazy on the subject of money."  
"A dough nut, eh?"—Boston Transcript.

## Children May Share the health drink — INSTANT POSTUM

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Instant Postum has a rich, coffee-like flavor.

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Postum comes in two forms—Postum Cereal (in packages) is made by boiling a full twenty minutes. Instant Postum (in tins) made instantly in the cup by the addition of hot water.

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