

AS SURE AS DAWN BRINGS A NEW DAY



CASCARA QUININE

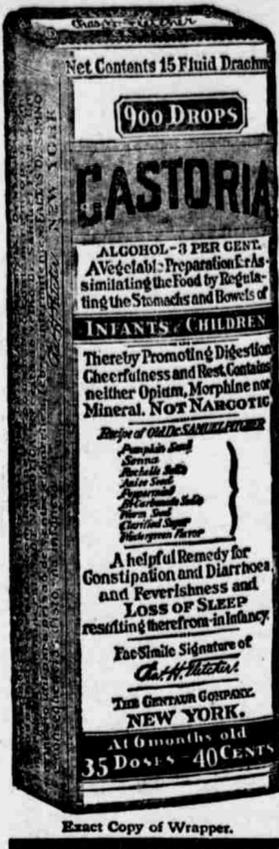
Will Break That Cold and Make You Fit Tomorrow

W. H. HILL CO., DETROIT, MICH.

If clarity that begins at home is the real thing, it soon contracts the travel habit.

Poets pipe the lay and plumbers lay the pipe.

Revenge is an act of passion.



Net Contents 15 Fluid Drachms

900 DROPS

CASTORIA

ALCOHOL - 3 PER CENT. Vegetable Preparation for Assimilating the Food by Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Thereby Promoting Digestion, Cheerfulness and Rest, Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC

A helpful Remedy for Constipation and Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom in infancy.

Has Similar Signature of *Chas. H. Fletcher*

THE CENTAUR COMPANY, NEW YORK.

At 6 months old 35 Doses - 40 CENTS

Exact Copy of Wrapper. THE CENTAUR COMPANY, 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**

THE AMERICAN LEGION

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

HELPS MEN FIND POSITIONS

Francis Lawson, Director of Employment Bureau, New York University, is Busy Man.

Helping thousands of college graduates and students to find suitable positions is the huge task of Francis C. Lawson, director of the bureau of employment of New York university and commander of the Three Hundred and Fifth Machine Gun Battalion post of the American Legion.

When the war broke out Lawson was associate pastor of the famous Judson Memorial church in Washington square, New York. He entered the service as a chaplain with the Seventy-seventh division, being wounded on the Vesle river and again in the Argonne, after which he recuperated in a hospital for a year.

Since taking over the work of placing graduates and students in jobs, Lawson has found positions for more than 400 of them. They include accountants, clerks, salesmen, foreign trade specialists, journalists and a variety of others.

SHE LOOKS AFTER THE WOMEN

Mrs. Carol Marks, Los Angeles, is Supervisor of Legion Auxiliary in Coast States.

Mrs. Carol Marks of Los Angeles, Cal., has undertaken to handle thousands of women in her capacity as supervisor in the American Legion Auxiliary in the Pacific Coast states. Eight years' experience on the stage stands her in good stead.

Mrs. Marks, who is prominent in patriotic and social circles in her state, was the first commander of the Legion Auxiliary in California. She has two sons, both of whom were disabled in the war and are now receiving vocational training from the government.

For Reserve Corps Duty.

Thirteen new brigadier generals have been appointed in the reserve corps. Five are retired regular army officers, one is from the National Guard, and seven are members of the officers' reserve corps. They are: Colonel Palmer E. Pierce, James R. Lindsey, Milton E. Davis, Walter C. Babcock, and Harold P. Howard, regular army, retired; former Brig. Gen. Henry J. Reilly of the Guard, and Reserve Corps Colonels Carey F. Spence, Thornwell Mullally, George W. Hall, John J. Carty, William H. Welsh, Dr. William J. Mayo, and Frank Billings.

Little to Ask.

She was the sweetest, most innocent little girl he had ever seen, and he watched her sympathetically as she stood knee-deep in the snow, fumbling in her handbag, with tears of vexation in her eyes.

"May I help you?" he asked gently, not wishing to frighten her.

She smiled shyly.

"Yes," she answered. "Will you please roll this cigarette for me?"—American Legion Weekly.

To Meet in New Orleans.

New Orleans will be the common meeting ground for ex-service men from many countries this year when the Inter-allied Veterans' Federation holds its third annual conference at the same time the American Legion is holding its national convention. The Legion is a member of the federation, and Cabot Ward, vice-commander of the Paris post, is vice-president of the federation.

The Cat.

Two women were meeting for the first time in several months.

"Why," gushed the first, who had not in the past been on too cordial terms with the other, "I never thought you would recognize me—it's been so long since we met."

"My dear," replied the other, "I had no difficulty whatever. I remembered the hat distinctly."—American Legion Weekly.

Feminine Finance.

"Dear," said Mrs. Newlitt, "I needed a new hat, so I just wrote a check for fifty dollars on the First National to save you expense."

"Great gosh!" gasped her husband. "I haven't a nickel in that bank!"

"I know it, dear; but that will be all right. They won't mind. Their advertisement says: 'Our Resources Are One Million Dollars.'"—American Legion Weekly.

EASILY WON THE NOMINATION

Dr. W. J. McGregor of Wilkinsburg, Pa., Has No Legs, but Made Fast Run for Office.

The loss of both his legs in the service of his country did not deter Dr. W. J. McGregor, Wilkinsburg, Pa., from entering a hot political fight against opponents who had sturdy limbs and knew how to use them. He won the nomination for coroner of his county by a majority of 50,000.

Doctor McGregor, a first lieutenant in the medical corps, went overseas for duty in July, 1917, serving with the British in a general hospital at Manchester, England. Later he went to France with a machine-gun battalion of the British Second division and in the action before Albert in March, 1918, lost both his legs when a big German shell exploded near him. Doctor McGregor is a member of Wilkinsburg-Edgewood post of the Legion.

MANY WOUNDS, HAS NERVE

Frank Schrepper Wins First Prize in School of Landscape Architecture at Harvard.

Wounds received under heavy fire in the Argonne forest shattered everything but the nerve of Frank H. Schrepper, Chicago. In spite of the fact that he is partially blind and that he has the use of only one arm, he has established an excellent record in the graduate school of landscape architecture at Harvard, and has outstripped his associates by winning first prize in the general class competition.

Schrepper was admitted to the school only after repeated efforts on the part of the Veterans' bureau, as it was believed his disabilities would prove too great a handicap. But the spirit of come-back which he displayed in aspiring to a profession in spite of apparently insurmountable obstacles, coupled with his talent, soon made his place secure.

VETERANS SUFFER FROM COLD

Measure Offered to Provide Shivering Men With Clothing Now Being Eaten by Moths.

War veterans are suffering from the cold in the very shadow of warehouses where vast quantities of surplus army clothing lie idle. This anomalous condition will be righted if a bill favorably reported in the house by the military affairs committee is passed.

The bill authorizes the secretary of war to co-operate with the surgeon general in providing all disabled veterans under care in government hospitals and institutions with adequate clothing and equipment. Thousands of dollars' worth of this material is now stored away, inviting moths, while thousands of former soldiers are shivering from exposure.

House leaders have demanded a special rule for consideration of the measure. Statements were made on the floor that if congress could rush through an appropriation of \$20,000,000 for starving Russians, it ought to be able to put through a simple bill to help cold service men.

Carrying On With the American Legion

American army officers are now holding rank one to two notches higher than they did under the army organization before the World war.

Chauncey M. Depew has asked for his war medal. The American Legion found, however, that he is only named for the after dinner speaker of fame.

When Pvt. Edward U. Canoose of the American forces stationed in Coblenz received 633 love letters, postcards, etc. in a batch, he took a week's leave.

The French admired the box-like motor trucks introduced by the A. E. F. and ordered 20,000 more. The ones they are now using are a part of the huge mass of war material bought from the army by the French government.

When American Legion representatives met the army transport Cantigny at the dock in New York, they encountered the following: 502 men from the army of occupation, 63 German wives, 12 French wives, 36 babies of the German wives, and 806 American bodies from the battlefields.

Harvard university sent 11,388 men into the World war. Of the number 1,014 received decorations, and 317 were cited in orders. Two graduates, the late Lieutenant Colonel Whittlesey, and Maj. George G. Murtry, Jr., received the Congressional Medal of Honor. Eighty-two won the American Legion Distinguished Service Cross.

THE COTTAGE GARDENER

AN EARLY START IN PAPER BOXES

Convenience Available in Various Sizes; Can Be Unfolded Away From Roots.

THE PLANT NOT DISTURBED

Arrangement of Container Saves Injury to Growth; Can Be Placed in Ground Under the Most Favorable Conditions.

No greater gardening convenience has been devised in many years than the paper flower pots now available in various sizes which can be unfolded away from the roots of the plant when it comes time to transplant. By the use of these paper pots which are fairly durable, plenty lasting enough to raise seedlings to sufficient size, great advantages can be secured in growing such vegetables as peppers, egg plants and cucumbers and melons for an early start. One or two seeds to a pot of the two-inch size may be planted and the stronger of the two seedlings retained to grow along.

For plants which cannot be transplanted readily if the roots are disturbed in the operation these paper pots are ideal. If cucumbers can be given two or three weeks start by this method, they are in much better shape



to withstand the ravages of the early bugs which annually take heavy toll of the seedling plants in the open ground and make it necessary to plant more seeds to the hill than could be grown should they all survive.

In the larger-sized paper pots, gladiolus bulbs as well as tuberoses may be sprouted and placed in the ground with an advantage of a month's growth over the earliest date it would be possible to plant them in the open. The pots are so cheap in price that they can be thrown away after using with no real loss.

One precaution is necessary in using these pots. They should not be allowed to stand in water or the bottoms will rot out while the sides remain intact. It is necessary to provide drainage in all but the smallest sizes with pieces of broken earthen flower pots, crockery or a few pebbles.

Castor beans may be given a fine start with these paper pots which will bring them to majestic proportions much earlier than if planted in the open. Planting the seeds in these little pots saves the work of transplanting which will become imperative if the seed is planted in the usual way in a seed box indoors or in rows in a hothead or cold frame.—National Garden Bureau.

ART OF GROWING RADISHES

One of the Earliest Products of the Home Garden is One of Easiest to Grow.

The radish patch usually is the first to be planted by the majority of home gardeners. The product in most instances is the first to grace the family table. The United States Department of Agriculture tells how:

For the home garden, radish seed should be sown in the open ground as soon as the soil is moderately warm. Plant in drills 12 to 18 inches apart, and as soon as the plants are up thin them slightly in order to prevent crowding. Radishes require to be grown on a quick, rich soil, and some of the earlier sorts can be matured in two or three weeks after planting. If the radishes grow slowly they will have a pungent flavor and will not be fit for table use. For a constant supply successive plantings should be made every two weeks, as the roots lose their crispness and delicate flavor if allowed to remain long in the open ground. As a rule a large percentage of radish seed will grow, and it is often possible by careful sowing to avoid the necessity of thinning, the first radishes being pulled as soon as they are sufficient size for table use, thus making room for those that will mature later.

HOW TO GROW PEPPERS

Seeds of peppers should be sown in a hothead or in a box in the house about 8 weeks before the time for setting the plants in the garden. The plants are tender and should not be transplanted until the ground is warm and all danger of frost is past. Set the plants 15 to 18 inches apart in rows 2½ to 3 feet apart. The cultivation and treatment of peppers should be the same as for tomatoes and eggplants. There are a large number of varieties of peppers, including the sweet kinds and the hot peppers.

PLAN FOR FRUIT IN HOME GARDEN

Trees and Bearing Bushes Should Be Raised in Addition to the Vegetables.

GROW CROPS BETWEEN TREES

Strawberries, Raspberries, Blackberries, Gooseberries, Currants and Others May Occupy Same Space and Do Well.

The more general planting of both standard and small fruits in addition to the home vegetable garden would contribute materially to the health and pleasure of the average family and furnish a supply of very desirable fruit and fruit products at relatively small cost. In many localities it is extremely difficult to secure a continuous supply of fruits in pleasing variety by purchasing on the market, and one of the most important features of the plan for the home fruit plantation is the selection of kinds of fruits and varieties of those kinds which will do well in the given locality and which will serve best the purpose for which they are desired.

The home fruit plot will necessarily be planned from the standpoint of the available space, the soil and climatic limitations, and the needs of the family throughout the year. In many cases it may be feasible to grow all the fruit needed, but only that which can be most readily produced. Among the fruits that may be grown throughout the greater part of the country are apples, pears, peaches, plums, strawberries, blackberries and dewberries. Raspberries, currants, cherries, quinces, apricots, figs and citrus fruits are more or less restricted to special localities. In colder sections the winters are too severe for peaches and all the fruits requiring a warm climate, while in the warmer sections, apples, currants, gooseberries, raspberries and certain varieties of several of the other fruits fail because they cannot withstand the long hot summers and winters.

The plan of the home fruit garden, will, therefore, depend largely upon the kind of fruits adapted to the locality. On the whole, however, the



Strawberries, First Fruit of Season.

plantings should be so arranged that the larger growing trees such as apple, peach and pear will interfere the least with the cultivation of the smaller fruits or the vegetable garden. In some of the most successful home fruit gardens the larger trees are headed rather high, that is, 5 or 6 feet to the lower branches, and a row of small fruits are grown directly in the row of fruit trees. Between the rows of fruit trees, raspberries, blackberries, dewberries and strawberries are planted in rows which are about 8 or 9 feet apart. The vegetables are then grown in the space between these rows of berries. Peach trees are, as a rule, planted as fillers between apple and pear trees. Where the area is extremely limited the semi-dwarf varieties of apples are sometimes recommended. Care should be taken, however, to provide plenty of distance between the large-growing trees, say 40 to 48 feet for apples and 20 to 30 feet for peaches, pears and cherries.

Apples, pears, cherries and plums may be planted as combination fruit and shade trees, and by heading them 5 to 7 feet above the ground, a lawn may be maintained underneath them. Plum trees are particularly adapted to planting in a poultry yard, but must be headed reasonably high and the trunks protected by wire netting until the trees are four or five years old.

Take Yeast Vitamon Tablets To Get Job-Winning "Pep"

Thin, run-down folks who find that business is bad and employment is scarce should try taking two of Mastin's tiny yeast VITAMON Tablets with their meals for a short time and watch how their physical and financial conditions improve.

Mastin's VITAMON Tablets supply in highly concentrated form true yeast-vitamins combined with the other health-giving vitamins which Science says you must have to be strong, well and fully developed. If you are weak, thin, pale, generally run-down, or feel lacking in brain power and ambition, and want that firm flesh "pep" which gets the money, you surely need some of these precious vitamins in your system at once. Mastin's VITAMON mixes with your food, helps it to digest and supplies just what your body needs to feed and nourish the shrunken tissues, the worn-out nerves, the thin blood and the starved brain. Pimples, boils and skin eruptions seem to vanish like magic under this healthful influence. Mastin's VITAMON Tablets will not cause gas and they help to correct constipation. They are easy and economical to take. Be sure to remember the name—Mastin's VITAMON. You can get Mastin's VITAMON Tablets at all good druggists.

MASTIN'S VITAMON TABLETS

Are Positively Guaranteed to Put On Firm Flesh, Clear the Skin and Increase Energy When Taken With Every Meal or Money Back

if it's MASTIN'S it isn't VITAMON

What it is. "What is a flapper?" "A flapper, Henry, is the latest style cigarette holder."

Nothing is well that doesn't end well.

An illustration. Tutor—"Give an illustration of the paradox." Pupil—"Ec—a foreign domestic."—Judge.

"Y" is no blackmilling letter, yet it makes pa pay.

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 Monocristallinester of Salicylicacid