

THE MEDICAL LEGION

(Copy for this Department supplied by the American Legion, New Boston.)

FINDS JOBS FOR LEGION MEN

Minnesota Department Commander Holds Remarkable Record as Soldier, Citizen and Legionnaire.

Dr. A. V. Van Dyke, Minneapolis, Minn., newly elected commander of the Minnesota Department of the American Legion, is a remarkable record as a soldier, citizen and Legionnaire.

When the American Legion came into being, Dr. Van Dyke immediately became an active member. He was the first vice commander of St. Paul Post No. 8, which at the time was the largest post in the United States. He has served as chairman of the Ramsey county welfare committee and was a member of the legislative committee instrumental in getting the soldiers' bonus bill before the legislature.

Dr. Van Dyke was born in Alexandria, Minn., and was educated at the University of Chicago School of Medicine. He later completed a course in dentistry at University of Minnesota. During the war he was in the signal corps and because of previous training in artillery was sent to the M. O. R. Camp in New Jersey as instructor.

THE DISABLED ARE FAVORED

Director of the Government Veterans' Bureau Aims to Give Doubt to Claimants.

Gen. Red Tapp, merciless foe of the disabled man, has been eliminated through efforts of the American Legion. In his successful campaign for the passage of the Sweet bill and the efforts of Charles R. Forbes, director of the government veterans' bureau.

Himself a veteran and a Legionnaire, Mr. Forbes has adopted a policy of seeking out the disabled man instead of letting the disabled man claim his way into a legion home.

The government plan is to end divided authority in its dealing with ex-service men with the appointment of Mr. Forbes as head of the veterans' bureau. This has been done in the insurance, looks after hospital care and the difficult task of restoring disabled men to their former earning capacity or creating them into through vocational training.

Mr. Forbes' policy in dealing with compensation claims of disabled men and women gives the disabled man the claimant. "No claim," says Mr. Forbes, "shall be allowed unless the disability is immediate and doubts are to be decided in favor of the disabled man or woman."

HOW TO CURE UNEMPLOYMENT

Secretary of Labor, Writing in Legion Weekly, Tells How Situation May Be Relieved.

Writing in the American Legion Weekly, "Revolving the Problem of Unemployment," James J. Davis, secretary of labor, sums up the cure in a single paragraph as follows: "Wage earners should help by doing up unreasonable demands, so that employers can afford to start their mills again, or so that buildings can be built in homes and schools. Ex-employees can help by giving up unreasonable profits, so that more people can afford to buy clothing, furniture, food and general supplies. The landlord can help by lowering unreasonable rents, so that workmen can afford to accept a wage that shall become a living wage as rents are lowered."

Warm Welcome for "Legion" Steamer.

After having elapsed two hours of the record run between New York and Rio de Janeiro, the all-American-manned steamer American Legion, has returned to New York, following her maiden voyage. The vessel with the majority of its crew members of the Legion, was greeted in every South American port it touched by Legion posts. Along the Rio de Janeiro to Buenos Aires, the captain reported, launched out from shore and their owners cracked bottles of wine and champagne over the bow plates of the ship as the steamer made her way up the river. This, he said, was the South American Legion's way of expressing their welcome.

A Great Sight. The skipper was hauling an ambitious goby who wanted to be a gunner's mate. "How much does a six-pound shell weigh?" he asked. "I don't know," the goby confessed. "Well, what time does the twelve o'clock train leave?" "Twelve o'clock." "All right, then how much does a six-pound shell weigh?" "It" said the youthful gunner. "I've got a great light shining on him." "Twelve pounds."—American Legion Weekly.

WOMAN SAVED BY LEGION MAN

Mississippi Lieutenant Awarded French Medal for Bravery by Saving Life of a Woman.

A woman caught in a jam of civilians fleeing a town in the war zone of France was forced over the parapet of a trench to a stream 70 feet below. Several French officers rushed to the spot, but a young American officer without hesitation submerged himself to rescue the woman, bringing her to the surface and taking her to safety.

Today, Dunaing is in charge of the Shreveport (La.) substitution of the United States Veterans' Bureau in Paris and London, and was assigned by the French medal of honor and the Congressional life saving medal.

"LEGIONNAIRE" NAME OF TOWN

Arkansas Doughboys Settle on Adjoining Tracts in Oklahoma and Form 2,500-Ace Colony.

They are beating their swords into plowshares is the biblical way of saying that veterans of the World War are settling on the land in Arkansas, on a 2,500-acre tract, a colony of sixteen former service men descended from Tulsa, Okla., and settled on adjoining tracts in Oklahoma.

WAR WORKER AIDS JOBLESS

Enterprises During Conflict Enlists to Help Government in Service to Men in New York.

Miss Elsie Wood will be remembered for her extra service men for her work as an entertainer of the Y. M. C. A. corps in New York during the war. Her own troops of young women she spent a year in training in the overseas camps.

When "The Man Without a Country," the film version of Edward Everett Ross' historical story, was shown in New York, Miss Wood presided at the American Legion. Miss Wood performed for six weeks, and at each performance read the prologue to the constitution of the Legion and gave a patriotic reading. The proceeds from the show were used in the welfare work among jobless ex-service men.

MAKES CITIZENS OF ALIENS

Americanization Committee of Montana Post Successful in Preparing Applicants for Naturalization.

Training aliens for citizenship has been successfully carried out by the Americanization committee of the Great Falls (Mont.) post of the American Legion. A class of 37 aliens has just finished preparation for naturalization under direction of the Legion committee, and 37 of them were admitted to citizenship. This is an unusually high percentage, according to the naturalization officer.

Many Graves are Unmarked.

Because of a shortage of government grave markers and the failure of congress to appropriate funds for their purchase, the graves of thousands of Americans killed overseas are unmarked in this country, according to a report of the American Legion, filed at Washington, D. C.

You Win.

Grips: Well, today is Sunday. Shall we go to church? Biggs: I'll toss this quarter to decide. Heads, go; tails, fishing; else, church. Get your tackle.—American Legion Weekly.

RICE FORMS BASIS OF MANY FOREIGN DISHES LIKED HERE



Drying Boiled Rice in the Oven to Make the Grains Flaky and Separate.

(Prepared by the United States Department of Agriculture.) Rice and potatoes are not exact equivalents in food value, although both contain a relatively large proportion of starch. Potatoes, unlike milled rice, contain minerals and vitamins B and C. If the diet, however, contains plenty of fruits and vegetables, the use of rice for potatoes makes little difference from the stand-point of nutrition, because these needed substances are abundantly supplied by the other foods.

In countries where rice is an important item of diet it is usually combined with some other food of protein value, such as meat, fish, or eggs. In our own country, rice is usually served in a curry dish with perhaps 8 or 10 small accompaniments. After taking a portion of plain rice, each person chooses as few or as many of the other rice dishes as desired, spreading them over the rice, then covers the whole mass with curry sauce made as follows:

- Curry Sauce. 2 tablespoons fat, 2 tablespoon grated 2 tablespoon flour, 1/2 teaspoon salt, 1/2 cup hot milk or 1/2 cup onion water, 1/2 cup tomato juice, 1/2 cup cauliflower, 1/2 cup spinach.

Spanish Rice. 3 onions (medium) 3 green peppers cut in strips 2 tablespoons oil 2 cups hot milk or 2 cups onion water, 1/2 cup tomato juice, 1/2 cup cauliflower, 1/2 cup spinach.

Plain Pilau. 1/2 pound meat, 1/2 cup rice, 2 cups water, 1/2 cup oil or fat, 1/2 teaspoon pepper.

USE ALL-DAY FIRE TO COOK THE FOOD

Slow Coal or Wood Heat May Be Used to Advantage. Double Boilers, Steamers and Compartment Vessels, to Economize on the Fuel Bill.

(Prepared by the United States Department of Agriculture.) Fuel saved is money saved. When a slow coal or wood fire is kept all day to heat the kitchen, select foods that require long, slow cooking, beans, peas, and puddings can be baked in the oven and greens can be cooked in the double boiler on top of the stove.

WAY TO RAISE BREAD DOUGH

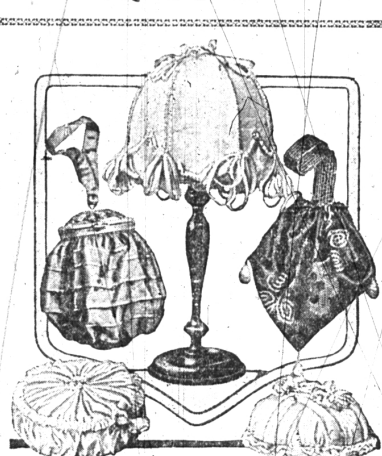
Fireless Cooker Will Serve Purpose and Provide Even Temperature Which is Necessary. In very warm or very cold weather it is often difficult to maintain an even temperature in which to allow a bread dough to rise.

OF INTEREST TO THE HOUSEWIFE

A pretty pair of curtains for the pink bedroom may be made of white dimity, hemstitched and picketed in pink.

To Wash a Sweater. A woolen jumper can be washed at home. Melt half a toilet cake of un-scented white castile soap in just a little boiling water. Put into a basin and pour over enough merely warm water in which to soak your jumper for half an hour.

Pretty Things that are made at Home



THE subject of Christmas gifts in the air and here is a group of charming suggestions to interest home talent. Let's look in the pierce bag for some pretty silks, ribbons and helms. Every little scrap has within it possibilities, if one is deft with the needle and some very useful articles can be made.



Pat was helping the gardener on a gentleman's place and, observing a shallow stone basin containing water, he inquired what it was for. "That," said the gardener, "is a bird bath."



ORCHARD CREPE EVENING DRESS. Striped rib dresses vie with the bouffant-fitted waist modes. Clifton velvet, also broad, divides honor with crepe for the former. In gown of this sort, girdlets be no more extreme, the bottom of the skirt is irregular and for formal wear the sleeves are full.

To Keep a pile from sticking to plate sprinkle fine plate granules with flour instead of oil. In making chocolate fudge, if one teaspoonful of cornstarch is added to equal part of sugar or fat is added to come out smooth and creamy with very little beating.

MOTHER! OPEN

CHILD'S BOWELS WITH CALIFORNIA FIG SYRUP

Your little one will love the "fruity" taste of "California Fig Syrup" even if constipated, bilious, irritable, feverish, or full of cold. A teaspoonful never fails to cleanse the liver and bowels. In a few hours you can see for yourself how thoroughly it works all the sour bile and undigested food out of the bowels and you have a well, playful child again.

SHOULD HAVE SHONE AT THAT

Tragedian's Victim! Evidently Designed by Nature to Teach Art of Elocution.

James K. Hackett, who played Shakespeare very successfully during the Paris season by invitation of the French government, told a story at a luncheon. "Once after a performance of Macbeth," he said, "a card was brought in to me, and I consented to see its owner, though he was a stranger."

Makes a Discovery. A four-year-old boy visiting in Oklahoma last week had had no previous experience in the country, having lived all his life in a large city.

Attention. The family was out of town, and the house was left in charge of a young maid. On opening the door the first morning she found the chimney standing there, obviously angry.

Bath Night. Pat was helping the gardener on a gentleman's place and, observing a shallow stone basin containing water, he inquired what it was for.

Beginner's Luck. An ardent angler took a friend fishing. The friend knew nothing about the gentle art, but was set up with all the necessary tackle and a nice, comfortable seat on the bank.

Under Surveillance. Mrs. Filpse—Mr. Longsuffer neither dances nor fights. He isn't even polite. Mrs. Filpse—Far from it. But his wife is, and she has her eye on him.

Weak and Worn? Has summer left you tired, listless, all worn out? Do you have constant backache, with headache, dizzy spells, and nervousness? Do you have indigestion, weak kidneys, and failing strength? Do you have frequent urination, loss of sleep, and general weakness? Do you have aching joints, and a general feeling of being worn out? Do you have a general feeling of being worn out? Do you have a general feeling of being worn out? Do you have a general feeling of being worn out?