

# The AMERICAN LEGION

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## URGES BUDDIES TO PAY DUES

Major General Tyndall, National Treasurer, Advocates Financial Independence.

Credit of the American Legion's sound financial standing is given by Legionaries to Major General Tyndall.

Robert H. Tyndall, National Treasurer, advocates financial independence. He has insisted upon the Legion's sound financial standing is given by Legionaries to Major General Tyndall.

The military career of General Tyndall dates back to 1897. He served in Porto Rico during the Spanish-American war, on the Mexican border as commanding officer of the One Hundred and Fifty-second Infantry of the United States Army.

## HELPED WIN THE WORLD WAR

National Vice Commander of Wyoming, Typifies Spirit of the West in Great Conflict.

Chiles P. Plummer of Casper, Wyoming, national vice commander of the American Legion, typifies the spirit of the West in the World War.

Mr. Plummer's military career dates back to 1897. He served in Porto Rico during the Spanish-American war, on the Mexican border as commanding officer of the One Hundred and Fifty-second Infantry of the United States Army.

## NOT TO ASK RED CROSS AID

American Legion Posts Will Not Request Funds in the Hands of the Local Chapters.

Funds in the hands of local chapters of the American Red Cross will not be asked for by American Legion posts, according to Leonard Bales, Legion national adjutant.

The American Red Cross is cooperating with the American Legion in every way in the furnishing of funds for the relief of the sick and disabled, and in many localities is furnishing direct relief to service men and their families.

## ACTIVE IN LEGION AFFAIRS

National Vice Commander Cooke of Georgia Gets Results With His Financial Policies.

Rehabilitation of disabled ex-service men and the establishment of sound financial policies have been the hobbies of E. Eric Cooke, National Vice Commander of the American Legion.

Mr. Cooke is one of the founders of the Georgia department of the Legion and has been active in Legion affairs ever since. Serving as a member of the executive committee, he advocated a financial policy which was largely responsible for Georgia's obtaining the largest membership increase of any department during 1922.

Mr. Cooke was graduated from the University of Georgia, where he was prominent in college activities. He was professor of mathematics and athletic director at the University of Georgia before coming to Georgia to head the Georgia department of the Legion.

## HONORS FOR TWO AMERICANS

Louisiana Men Are Named as Honorary Members of Belgian Veterans' Legion.

The signal honor of being made honorary members of the Belgian Veterans' Legion came to Clarence J. Bourg, Louisiana American Legion national executive committee member, and Mayor Robert Mouton, Louisiana.

## WELL RECEIVED IN HAVANA

American Legion Men Report Marked Hospitality Upon Recent Visit to Cuba.

Tables of excellent hospitality from American Legion members in Havana have been brought to this country by Legionnaires who journeyed to Cuba following the recent national convention in New Orleans.

The program held by the Havana branches included a visit to the local Legion and a trip to the ball game at the Havana Madrid Grounds, which provided for boxes for the visitors and visits to many of the city's famous hotels and other interesting points.

Havana has one of the largest forces of the Legion. It is composed of veterans from nearly every branch of the service. The reception arrangements were conducted by "Red" George T. Street, post commander, and John Huxley.

## COTTAGE CHEESE CLUB SANDWICHES

Tasty Dish for Lunch or Supper or Unexpected Guests.

Placed together again while the sandwich is being filled, and the filling may be sliced through with a sharp knife. In addition to the cottage cheese these club sandwiches may contain mayonnaise dressing, lettuce, and tomato; or thin-sliced cold ham spread with mustard; or sliced tart apple, nut, or sliced orange, watermelon, or sliced Spanish onion, pimento; or two thin strips of bacon; or cucumber and green pepper, pimento. Lettuce and salad dressing are usually used in all these combinations.

## RECIPE FOR MAKING A GOOD PLAIN CAKE

Suitable for Using in Layers or in Tiny Squares.

One Has Been Tested by Department of Agriculture and Found Suitable for Purposes Named—Use Good, Clean Fat.

There are many uses for a quickly made, economical, plain cake recipe of the "cottage cheese" type. It may be substituted for the lemon, cream, or vanilla cake, or used for a variety of other purposes.

White of 1 egg 1/2 cup of sugar 1/2 cup of milk 1/2 cup of oil 1/2 cup of flour 1/2 cup of cottage cheese 1/2 cup of baking powder 1/2 cup of salt 1/2 cup of vanilla 1/2 cup of raisins 1/2 cup of nuts 1/2 cup of fruit 1/2 cup of chocolate 1/2 cup of nuts 1/2 cup of fruit 1/2 cup of chocolate

## POTATO STUFFED WITH PORK

Holes Made With Apple Corer and Filled With Cooked Sausage in Moist Excelsior.

Parboiled potatoes, suggests the United States Department of Agriculture, and then make several holes through each one with an apple corer. Fill the holes with previously cooked sausage, or meat and bake. Potatoes that have been boiled take longer to bake than those in their skins.

When Sink Stops Up. When you find that the sink is stopped up, turn on the tap until the sink is three-quarters full, then turn it off. Put the palm of your hand over the hole and lift your hand up and down very quickly. This will soon make the water run away.

Use for Old Stockings. When packing furniture for moving, for wrapping boxes of chairs and tables, they will not tear or leave exposed places for scratching as paper does.

Salt Instead of Water. If hotwater bag leaks, fill with hot salt instead of water.

Rubber Ball Is Useful. If you once use rubber ball in darning your stockings, you are not apt to return to your conventional darn.

Cream Stains. Milk and cream stains should not have hot water put on them. Wash them in cold water, followed by soap and water.

## PRETTY THINGS FOR HOME

### LACE FROCKS FIND FAVOR;

SOME one makes all of the pretty things which we see in the shops, to beautify our homes and add interest to them, and almost every woman likes to enlighten and change the countenance of her rooms occasionally. These embellishments have the effect of making the room a more cheerful and inviting place.



### THINGS TO EMBELLISH THE HOME

change in furnishings as in other things. This group of dainty articles shown here is made up of things for a lady's room and includes a bag that will serve several purposes, a hand mirror, hand mirror, table mirror, and a crystal perfume bottle. They are only a few of many similar pieces, mostly made for the dressing table, and they reveal the taste in these feminine belongings and are sure to intrigue the clever housewife to try her hand at them.

Plain and broad-waisted in rose, old blue or lavender, used with narrow gold lace or all-over gold lace, net, with the aid of tiny ribbon and chiffon flowers and lingerie or silk laces provide the means for their decorative finishing. Black satin or satin with stripes used with gold lace, is effective in use also—and all-over gold lace, stretched over crystal bottles, dishes, candlesticks and trays is very handsome without any other under it.

## MILLIONS OF SHOES WASTED

Annual Loss to Country Placed at \$250,000,000 by Bureau of Chemistry—Poorly Shaped.

The 100,000,000 pairs of shoes of the United States by about 200,000,000 pairs of shoes a year. Their needs could be supplied by 200,000,000 pairs. If the shoes were well made and lasted longer, the waste would be reduced to a minimum.

## SIMMERING BURNER IS BEST

Helps Greatly to Cut Down Amount of Gas Necessary for Boiling and Steaming Metals.

The use of a simmering burner helps to cut down the amount of gas consumed in the processes of boiling and steaming, suggests the United States Department of Agriculture. It is a good idea to use a simmering burner when boiling or steaming metals.

## OF INTEREST TO THE HOUSEWIFE

New linoleum will last longer and clean more easily if given a light coat of varnish.

Applesauce that has its sugar added after it is removed from the fire will not turn a unappetizing brown color.

To stop steak allow about one and three-quarter hours to two and three-quarter hours, according to amount and thickness.

Richness in Fabric. There is more than a hint of barbaric splendor in the new broad-waisted silks and satins, not only for gowns, but also for linings to the seasonal fur wraps.

### Sure Relief FOR INDIGESTION

6 BELLANS Hot Water Sure Relief BELLANS INDIGESTION 25¢ AND 75¢ PACKAGES EVERYWHERE

### TOO LATE

Death only a matter of short time. Don't wait until pain and ache become incurable diseases. Avoid painful consequences by taking LATHROP'S GOLD MEDAL HAARLEM OIL

### ABSORBINE

Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stiff joints, rheumatism and pain from a Splint, Side Bone or Bone Gravel. No blister, no hair gone and horse can be used. \$2.50 bottle. All drug stores. Write for literature and interesting facts. Box 2, A. C. F. W. F. YOUNG, Inc., 311 Maple St., Springfield, Mass.

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### Girls! Girls!! Clear Your Skin With Cuticura

See 25c, Ointment 25c and 50c, Talcum 25c.

### ASTHMA BEGINS GETTING WORSE FROM NOW ON

Can't Breathe, Coughing Spells Mornings, Colds Hang On; Chest Tightens.

### SIMPLE HOME REMEDY HELPS SUCH TROUBLES

"Folks with asthma surely suffer during the winter. I know what it means. I had it for years. I had the right remedy," declared Mrs. Martha Martin of Jackson, Miss.

### OF INTEREST TO THE HOUSEWIFE

New linoleum will last longer and clean more easily if given a light coat of varnish.

### LOVELY PARTY FROCK

made of silver or gold cloth and the dress, fabric is twisted together, are among the most effective means of managing the low waistline.

### Julie Bottorally

Large-Figured Prints. Brilliantly colored prints, in silk and cotton, are to be very popular this winter with all spring. They were used extensively at Deauville last summer and are a pleasant contrast from staid, one-toned gowns.

### MURINE

For the Eyes. Clear your eyes. Write for literature and interesting facts. Box 2, A. C. F. W. F. YOUNG, Inc., 311 Maple St., Springfield, Mass.