

Excerpt from American Legion booklet entitled "At Home, All Must be Well", distributed by Glen Rock Post #145 to local families of service members, 1940s.

So that you can know some of the things that just should not be done, we are offering you a few "don'ts" that may help you:

Do not expect a letter every day. There are days that are so filled with duty that it is impossible to write. If he or she does not write don't feel hurt. Write them just the same.

Do not write and tell about all the troubles at home. Remember those in the armed forces have troubles of their own. Don't add yours to them. Above all do not write and tell about the "best girl" going out with some other fellow. They are sore enough at the fellow or qualified girl that stayed at home.

Do not take too seriously the first few letters in which there is description of many things that are wrong in the service. It is like putting on a pair of new shoes, they hurt until they become broken in. And above all do not tell others the things that they are "crabbing" about. They are not nearly as hard as they think. Of course, they are going to become tired of the food. So did the man who had to eat quail every day.

Do not pass on rumors that they may write home. Only harm can come to do so. Keep what they say as something sacred to you and you alone.

Do not ask them to get leave every time you become homesick to see them or something happens at home. They can't get leave so often and besides you have no right to ask that they request it.

Do not send unnecessary articles and most especially bulky articles. Remember they must carry anything that they have and the load is already as heavy as can scientifically be carried.

Do not, if they have been in battle, expect them to tell you of all of the experiences, there are some experiences that just are not told. Do not ask that they talk about those things. They are theirs and theirs alone.

Do not fail to call upon the American Legion post, the American Legion Auxiliary Unit or the American Legion Service Officer for any service, information or assistance that you may need. Such service, information or assistance will be given without charge and without obligation on your part.

Do write often and write newsy, encouraging letters. Maybe you do not think that it's important if the family dog is sick but they think so. It may not be news to you. It is now a fond memory to them. Tell them about all happenings at home.

Do offer up your prayers for their safety and tell them you are doing so.

Do send him or her packages of those things that they liked so well, just as long as they are in camp in this country. When they have gone overseas you can no longer send them. No matter how good the food is in camp the package from home is welcome.

Do send him, also, things like cigarettes, a new pipe, tobacco for that pipe, playing cards, letter paper and envelopes, air mail stamps that help the letters get home quicker, flints for his lighter, and needles for the phonograph (especially if he is overseas where neither matches nor needles can be had). A good pair of sun glasses is always appreciated, a good cigarette lighter, a fountain pen and automatic pencil, razor blades, waterproof tobacco pouch, a small flash light, a sewing kit with plenty of buttons and large eyed needles, extra socks and handkerchiefs, a good wrist watch and above all a real good can opener. If they ask for them send their radio, their record player, their camera, musical instruments, etc., but don't send them unless they ask for them.

Do keep your chin up. They are going to have the finest care that is possible for their government to give. Food will be good, not always cooked just as they will want it but it will be the best. Better in many instances than you will have at home, and more of it too. In case of sickness or wound he will have the finest medical and nursing service that anyone could ask for. With the new sulfa drugs and other medical discoveries he has many more times the chance of recovery than his comrades of 1917-18 had with the same kind of injury. Everything will be done to keep him well and make him well if sickness comes.