

# Keep Cool!

Eat lightly of meat, eggs and other "high-proteid foods".

Eat lightly of starchy foods, such as potatoes, carrots, turnips and beets.

These are the heat-makers and fat-makers—you don't need them in summer. Eat

## SHREDDED WHEAT

with fresh fruits and green vegetables—the kind that grow above ground.

All the muscle-making, brain-building material in the whole wheat grain prepared in a digestible form.

Such a diet means clear brain and strong muscle for the day's work.

Serve it for breakfast with milk or cream.

Serve it for lunch with sliced bananas.

Serve it as dessert for supper with sliced peaches or other fresh fruits.

## Ready-Cooked—Ready-to-Serve

### What to Do With Melons

When melons are plentiful the thrifty housewife's mind turns to ways and means of preserving them in palatable shape for winter use. Here are some recipes recommended by Farm and Home that are well worth trying:

**Watermelon Preserves.**—Pare the green rind from the melon, discard the soft pulp and seeds, using only the solid parts of the rind. Cut into small pieces, weigh and allow seven pounds sugar for ten pounds melon, two sliced lemons, seeds discarded, and a little piece of ginger root (the ginger may be omitted if the flavor is not liked). Boil all together until the melon is clear and the juice is thick.

**Cantaloupe Preserves.**—Half-ripe cantaloupe or muskmelons are best for preserves. Remove peel and seeds, cut in small pieces and for every three pounds melon allow two pounds sugar. Put melons and sugar in preserving kettle and let stand a few hours to draw the juice, then boil until the syrup is thick and the fruit tender.

Can while hot in air-tight jars. Any flavoring that is liked may be added while boiling.

**Preserve Citron Melons.**—Peel the melons, remove the seeds and cut into small slices about a half inch thick. For every six pounds melon allow three pounds sugar, the juice and yellow rind of four lemons and a small piece of green ginger root. Boil the melons in a little water about a half hour, or until they look clear and can be pierced with a straw. Then drain, cover with cold water and let stand over night. Next morning tie the ginger root in a cheesecloth bag and boil it in three pints water until the water is highly flavored with the ginger. Then remove the ginger, add the sugar, and when the sugar is melted add the thin yellow peel of the lemons and boil and skim until no more skim rises. Remove the lemon peel and add the lemon juice and the sliced citron, thoroughly drained from the cold water, and boil all together until the citron is quite transparent and soft, but not soft enough to break. Can while hot in air-tight jars.

### FOR SUMMER SPORTS

A New Blouse Especially Designed for Mid-Summer Comfort.

By MAY MANTON



8700 Sports Blouse, 34 to 44 bust.

The simple blouse with open neck is sure to be the preferred one for tennis and other summer sports. This one includes a patch pocket that is convenient as well as smart. Here, it is made from tub silk in the fashionable awning stripe. The long sleeves are perhaps the preferred ones of the season, but expert tennis players will undoubtedly prefer the shorter ones. Striped silk is one of the most fashionable of all materials for blouses of the sort, but of course it could be copied in plain silk, in cotton voile, in cotton crepe or in any seasonable material. Striped material on plain makes a good effect, and a pretty blouse would result from using plain linen for the foundation and striped for the collar and cuffs, or striped for the blouse and plain for the collar and cuffs. The model is a very simple one with the back extended over the fronts at the shoulders. There are no plaits and no tucks and consequently the making means only a few seams to be sewed up.

For the medium size will be required 3 1/2 yds. of material 27 in. wide, 2 3/4 yds. 36, 2 3/4 yds. 44.

The pattern No. 8700 is cut in sizes from 34 to 44 in bust measure. It will be mailed to any address by the Fashion Editor of this paper, on receipt of ten cents.

Bowman's sell May Manton Patterns.

### Columbia Congregation Well Supplied With Preachers

Special to The Telegraph  
Columbia, Pa., Aug. 5.—The congregation of Salome United Brethren church, here, enjoys the rare distinction of having in its membership, five local ministers, all of whom serve in the capacity of preacher in the absence of the regular pastor. The latter is the Rev. Joseph Daugherty, who is now absent on his vacation. During his absence the church is not closed, but services are held every Sunday, the pulpit being filled by these local preachers, who take turns in supplying the pulpit. All are licentiates, and consequently allowed to preach. One of this number is now taking a course in college, and the others are pursuing regular Bible study. These men are George C. K. Sample, Charles R. Beittel, Albert Dombach, M. D. Kendig and John Berger.

### RETURNED FROM PHILIPPINES

Sunbury, Pa., Aug. 5.—Lawrence H. Williams, who spent two years in the Philippine Constabulary, has returned to Milton. He says he will not re-enlist.

### A PENNSYLVANIA MOTHER'S ADVICE

#### "Every Young Girl Should Use It"

McKeesport, Pa.—"When I was 15 years old, my mother being dead, a lady insisted on my using Dr. Pierce's Favorite Prescription. I cannot tell you how glad I was of this and how I wish every young girl would use it at this time. I am now 45 years of age, have had 13 children, seven of whom are well, strong boys and girls. With the first four children I used 'Favorite Prescription' as well as 'Pleasant Pellets,' according to directions, both before and after and had very little trouble. Occasions come now when I turn to Dr. Pierce's remedies for help and they never fail. The 'Pleasant Pellets' have been a 'stand-by' with me for years for sick headache, constipation, etc. They do all you claim for them. Mrs. FRANK H. MILBURN, 2323 Fifth Avenue, McKeesport, Pa.

Head the warnings of nature. Backache, headache, low spirits, lassitude and pains are hard enough to bear. Act! Don't wait! If you are a sufferer, if your daughter, mother, sister need help get Dr. Pierce's Favorite Prescription in liquid or tablet form from any medicine dealer to-day. The medicine that every woman needs when passing through the changing days. It is not a secret prescription, for its ingredients are printed on the wrapper; it's a temperance medicine.

Not only does it build up the entire system and make it strong and vigorous enough to withstand the organic disturbances, but it has a quiescent effect upon the feminine organism.

Book on Women's Diseases sent free. Write Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., for free confidential advice.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Doctor Pierce's Pellets. One s laxative; two or three a cathartic.

### Cumberland Valley Railroad TIME TABLE

In Effect June 27, 1915.

TRAINS LEAVE HARRISBURG  
For Winchester and Martinsburg at 5:02, 7:52 a. m., 9:40 p. m.  
For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and intermediate stations at 7:03, 7:52, 11:53 a. m., 2:30, 5:37, 8:27 p. m.  
Additional trains for Carlisle and Mechanicsburg at 9:48 a. m., 2:16, 6:29, 8:39, 9:35 a. m.  
For Dillsburg at 5:03, 7:52 and 11:53 a. m., 2:16, 6:40, 8:37 and 8:39 p. m.  
Daily. All other trains daily except Sunday.  
J. H. TONGE, G. F. A.

### CONSUME PURE SALT; ITS COST IS LESS

Production of United States For 1914 a Record Breaker, According to U. S. Geological Survey

The salt industry is in some respects unique among the mineral industries. Although most of the metallic and of the other nonmetallic industries reflect industrial world conditions and sometimes sharply fluctuate with them, the salt industry, presumably from its intimate association with the food supply of man, forces slowly but steadily ahead, generally keeping pace with the increase in population. There has been a steady downward trend in the cost of this most necessary commodity, owing to the abundant sources of supply and also to the great advances made in the last few decades in methods of manufacture. The widespread distribution of salt, however, has led to great multiplication of manufacturing plants, so that plant capacity has greatly outstripped demand. This has tended to lower prices and to increase greatly efficiency of operation in the plants that have survived the keen competition.

The salt production of the United States in 1914 was the greatest yet recorded, according to W. C. Phalen, of the United States Geological Survey, namely, 34,804,683 barrels of 280 pounds each, or 4,873,656 short tons, valued at \$10,271,358. Compared with the production of 1913, which was the largest previously recorded, there was an increase in production of 405,385 barrels and of \$148,219 in value.

The domestic marketed production of salt in 1914 was 23,804,638 barrels and the imports were 934,319 barrels, the sum of the two quantities being 33,739,002 barrels. This figure, however, does not represent the quantity consumed, for there were exported 587,818 barrels, leaving for home use 33,151,184 barrels, an increase of 148,485 barrels over the consumption of 1913. It is presumed that 17,147 barrels, compared with 1913, but the exports increased 85,753 barrels. The imported salt constituted only 2.7 per cent of the domestic consumption.

Salt occurs in two distinct ways, as rock salt in beds or associated with bedded or sedimentary rocks, and in the form of natural brines or bitterns. It is prepared in two ways, a simply mining, crushing, and cleaning the rock salt, or by evaporation, which may be either natural, as when the sun's heat is utilized, or artificial, when steam or direct heat is applied.

### How to Wash Fine Embroidered Piece

Hints on Care of Fancy Work—How Readers Can Secure Patterns

An embroidered piece should be washed by itself in an earthen bowl to avoid the possibilities of rust or other stain. Dip in hot water and make a light suds of "Ivory" or any other pure soap. Wash quickly. If the lining is made of cotton, simply clean the rock salt, or by evaporation, which may be either natural, as when the sun's heat is utilized, or artificial, when steam or direct heat is applied.

Roll up in these so that no part of the embroidery is touched by any part of the same linen, and wring or twist so that the dry linen will absorb the moisture of the water. Lay the piece flat on a well-bleached towel and dry in a shaded place. Lay the piece face down upon a well-bleached towel and dry in a shaded place. Lay the piece face down upon a well-bleached towel and dry in a shaded place.

To remove scorch from linen, put two ounces Fuller's earth into a white saucupan, add a half ounce of white soap, the juice of two large onions and one cupful of vinegar. Boil together for ten minutes, strain into a jar and keep covered for future use. Rub on the scorched parts with a knife and allow it to dry. Simpler way would be to run the scorched articles through a mangle.

Many home embroiderers have difficulty in working the new and up-to-date stitches. A complete and practical course for more than 400 exclusive designs is given in The World Famous Embroidery Outline.

Patterns of the very latest design by which any woman can make garments, nappery or articles of home decoration are provided by the new Outline. A coupon plan is provided so that regular readers may secure the patterns without payment. Add to three coupons (one appearing in the paper every day) sixty-eight cents to cover cost of handling and packing. The pattern outfit in this extension of our women's feature department includes more than 400 exclusive designs, a set of the best hand-work embroidery hoops, a highly polished bone bodkin and a set of the finest bodkins and complete instructions for making the fancy stitches. Each stitch being illustrated and clearly explained.

### "FORTY-NINER" DIES

Special to The Telegraph  
Waynesboro, Pa., Aug. 5.—Daniel Donnelly, the last of the famous "Forty-niners" in Maryland, and one of the last of the old-school business men of Baltimore, died at his home at Milton, Pa., at Mount Washington, where he and his family had gone to spend the summer. He was 88 years old. He was born in Hagerstown and was educated at a little college in Pennsylvania.

### WELL KNOWN PHYSICIAN DIES

Special to The Telegraph  
Lewistown, Pa., Aug. 5.—Dr. Charles Melville Ritz, died at his home here yesterday after two months illness. Dr. Ritz was a graduate of the University of Pennsylvania and for some years was resident physician at the hospital. He is survived by three sisters, Mrs. C. R. Caldwell, of Philadelphia; Miss Belle Ritz at home, and Mrs. Eleanor Bickel, of West Market street.

### NEW DAM PROPOSED

Special to The Telegraph  
Lewistown, Pa., Aug. 5.—Citizens of this place are in favor of building a dam in the Juniata river three miles east of here at Riverside Park. The dam that is being proposed will cost if built about \$1,000 and will be for the purpose of furnishing better boating and fishing.

### SCHOOL OF COMMERCE

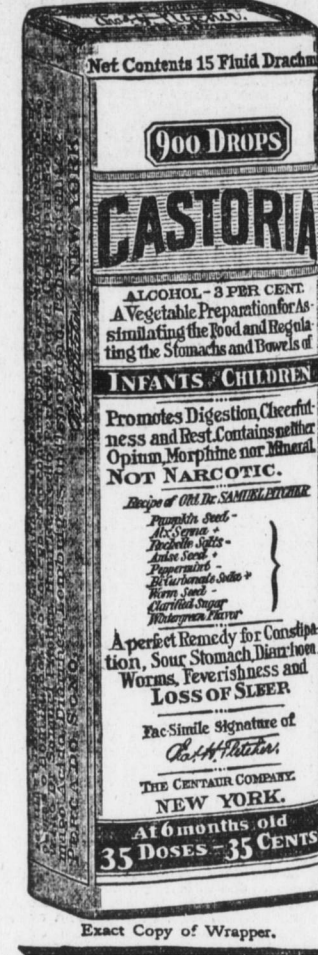
Trump Building, Phone, Bell 19463, 15 So. Market Square, Harrisburg, Pa. Fall term begins: Day School, September 1; Night School, September 6. Office open from 8 a. m. to 5 p. m. Please write or call for catalog or further information.

### Harrisburg Business College

Day and Night School  
Sept. 7, 1915  
Business, Shorthand and Civil Service, 30th year, 329 Market St., Harrisburg, Pa.

## Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.



### Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."  
Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."  
Dr. Agnes V. Swetland, of Omaha, Nebr., says: "Your Castoria is the best remedy in the world for children and the only one I use and recommend."  
Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."  
Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."  
Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."  
Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."  
Dr. J. A. Boardman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitation in recommending it for the complaints of infants and children."  
Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

### GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher  
In Use For Over 30 Years  
The Kind You Have Always Bought  
THE CENTAUR COMPANY, NEW YORK CITY.

## Women and Their Interests

### MOTHERS OF THE OLD DAYS

By Dorothy Dix  
No assertion is made more frequently than the great need of to-day is for a recrudescence of the old-fashioned mother, and that the country is going to the dogs because we haven't got her.

M-m-m. Perhaps, of course, the old-fashioned mother was all to the good. Mothers have a way of being that in any age, thank Heaven, but those who talk so glibly about how superior the old-fashioned mother was to the mother of to-day are in the same category with those who go through life bragging about mother's pies and lamenting that they cannot find any bread like that mother used to bake.

They can't and they wouldn't eat it if they could, for mother's bread and pies were made on the hit-or-miss principle, and were heavy or light, according as she had "luck" with her baking, not invariably good and sweet as is the product of a scientific bakery. Moreover, mother's ideas of cleanliness were clumsy, and she flitted wandered over her handwork in a way that brings shudders to the sterilized souls of people who demand sanitary packages.

A plow picture obtains that everything in the past was better than it is to-day. We talk about the good old times, the palmy days of the theater, the highest life of yesterday, the high ideals that obtained in the past when everybody has honest, and simple, and altruistic, and there was no greed, nor striving, nor heart-burning nor envy.

And in this beatific age—gone, now, alas!—was the old-fashioned mother, whose nonexistence is so often and so loudly lamented.

None of these people who pine so for the good old times could exist for a moment in them. They would think themselves objects of charity on what our forefathers considered a luxurious living. They would be bored to death over the stilted acting and impossible plays of yesterday, and they would find that the old-fashioned mother was another dear delusion and not in the same class with the efficient, practical mother of to-day.

Things Have Changed

The old-fashioned mother did the best she could by her children. So does the modern mother. We are always hearing about how the modern mother neglects her children and how devoted the old-fashioned mother was to hers.

Let the statistics of infant mortality decide which of these two women is the more desirable mother. The most pathetic thing on earth is to see a mother who would be glad to die to save her child, and who does not die like flies. She calls to her help all that science and sanitation can do, and she keeps them alive.

The old-fashioned mother accepted her motherhood with as little sense of personal responsibility as she did the color of her hair, or the shape of her nose. If her children were strong and healthy, and turned out well, she thanked God for it. And if they were sickly, and went to the bad, she laid the blame of it on an inscrutable Providence, whose ways she didn't pretend to understand.

The modern mother feels that bringing children into the world is the greatest responsibility that any human being can take upon herself. She knows that her children's health is in her hands. She knows that the mother largely determines her children's future, and that whether they succeed or fail in life depends upon

the skill with which she guides them into the right channels.

Therefore you will find the modern mother studying child hygiene, studying child culture, going to schools of mothercraft, belonging to mother clubs, reaching out in every direction for everything that even gives a hope of motherhood is a profession, not an incident in life as it was with the old-fashioned mother.

Another idea of Duty

The old-fashioned mother thought that she did her duty by her children when she fed and clothed them, and she was so busy about this that she ceased to be an active factor in her children's life when they had outgrown their physical need of her. They still loved mother, and she influenced them indirectly through their affections, but they looked upon her pityingly and patronizingly as a back number, one who was not up with the times, and whose advice could not be taken seriously.

The modern mother knows that her boys and girls need her more at twenty than they did when they were two months old, and so she strives to keep up with them. She studies with them, she goes out to parties with them, and dances the tango with them, so that she may know just what their

temptations are, and how to meet them. Many a mother who is criticized for being frivolous is using that very frivolity as a velvet glove to mask the grip of steel that she has upon her boys and girls, and that holds them so tightly to her that they cannot fall.

The old-fashioned mother used to stay at home and pray for her children. The modern mother prays, too, but she also watches, and she is not content with being a mother to her own children—she tries to mother the world and make it better for every woman's children.

The old-fashioned mother was a dear, and sweet, and she lives hallowed in our memory, but if she could arise from her grave in the churchyard and undertake to raise a family along the lines that she did in her previous incarnation, her neighbors would send in a hurry call for the Child's Welfare Committee to investigate her methods.

### \$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, etc. Take Hall's Family Pills for constipation.

## Department of Sales and Service

### We'll Design For You

The poster stamp idea has struck Harrisburg. You have seen them and it has probably occurred to you that you could use them in your business. The value of them as advertisements has appealed to you.

### Poster Stamps in Single Designs or Series. As You Wish.

Poster stamps must possess individuality and originality. The art work that goes into the designing is the quality which makes good poster stamps.

The Telegraph Printing Company with service in every department required to produce quality stamps is at your disposal. Call our services into consultation, let us suggest ideas and designs, let us help you bring your business before the public in a manner hitherto unexploited.

THE TELEGRAPH PRINTING CO.

## Buy Coal Now---Cheapest

This is the month to order next winter's supply of coal. There's a material saving to be effected, and the wise folk are taking advantage of present low prices. Buy before the advance comes, and buy Montgomery coal thus insuring the most quality for your money.

### J. B. MONTGOMERY

Both Phones Third and Chestnut Streets