once daily. Use freely vegetables and fish. At the meat meal

serve smaller portions, and stews instead of steaks. Make made-dishes of all left-overs. Do this and there will be meat

tains fats. Do not waste it. Make your own washing soap at home out of the saved fats. Use one-third ounce less per day of animal fat and 375,000 tons will be saved yearly. saved yearly. SAVE THE SUGAR.—Sugar is scarcer. We use to-day

three times as much per person as our Allies. So there may be enough for all at reasonable price, use less candy and

sweet drinks. Do not stint sugar in putting up fruit and jams. They will save butter. If everyone in America saves one ounce of sugar daily, it means 1,100,000 tons for the year. SAVE THE FUEL.—Coal comes from a distance and our

railways are overburdened hauling war material. Help re-lieve them by burning fewer fires. Use wood when you can

USE THE PERISHABLE FOODS .- Fruits and vegetables we have in abundance. As a nation we eat too little green stuffs. Double their use and improve your health.

Begin now to can or dry all surplus garden products. USE LOCAL SUPPLIES.—Patronize your local ducer. Distance means money. Buy perishable food from

the neighborhood nearest you and thus save transportation.

GENERAL RULES

Buy less, serve smaller portions. Preach the "Gospel of the Clean Plate." Don't eat a fourth meal. Don't limit the plain food of growing children. Watch out for the wastes in the community. Full garbage pails in America mean 'empty dinner pails in America and Europe. If the more fortunate of our people will avoid waste and eat no more than they need, the high cost of living problem of the less fortunate will be solved.

# HARRISBURG

## SIGNING UP TO HAUL SHELLS

# **Courthouse Notes**

Free Kharas. — Maryland author ties neglecting to requisition D Theodore Kharas, held on a serior harge, resulted in a Court order ye terday discharging him. Kharas ha new out on hell en out on bail.

Expects to Have Most of Big Bills Out of .Hands Next Week

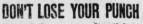
**GOVERNOR IIAS** 

Governor Brumbaugh devoted himself to-day to a study of the provisions of the general appropriation bill which he discussed this week with the chairmen of the legislative

**APPROPRIATIONS** 

been out on ball. Becomes Citizen. — Citizenshi papers for Dr. Hedley C. Sprägg, dentist of 314 South Seventeent street, were signed yesterday b Judge Kunkel, Takes Prisoner Away. — Sheriff V W. Caldwell to-day took Walte Shuey, alias Frank Snoke, to the Faz view State Hospital for the Insane, j Wayne county.

Wayne county.



enough for every one at a reasonable price. We are to-day killing the dairy cows and female calves as the result of high price. Therefore, eat less and eat no young meat. If we save an ounce of meat each day per person, we will have additional supply SAVE THE MILK.—The children must have milk. Use every drop. Use buttermilk and sourmilk for cooking and making coottage cheese. Use less cream. SAVE THE FATS.—We are the world's greatest fat wasters. Fat is food. Butter is essential for the growth and health of children. Use butter on the table as usual but not in cooking. Other fats are as good. Reduce use of fried foods. Save daily one-third ounce animal fats. Soap con-

> **Powell Row Reaches** to Local Attorneys

The above picture shows one of the boys being sworn into the new truck company organized by Harry Souders. The headquarters were moved from the tent in front of the Courthouse to the plot at the Post Office building. Only thirteen vacancies yet exist in the company and it is expected to enlist them this afternoon from towns in the western part of the state. Floyd Hess and W. Bingham eign countries." The Finnish social bility of Finland's freedom

ent. Mr. Hess has presented sev-eral papers in relation to tax matters Store potatoes and other roots properly and they will keep.

eral papers in relation to tax matters in behalf of clients and has been informed that he cannot transact business. He was at the Capitol to-day endeavoring to look after affairs and inclined to be somewhat indig-nant at the situation in which he found himself as a result of the de-mand of Auditor General Charles A. Snyder upon Mr. Powell for restora-tion of certain papers, which Mr. Snyder contends are Stafe property and which Mr. Powell is said to in-sist are not. In the absence of Mr. Snyder no one would say anything to-day, but that the development of the case would be interesting was forecast in the gossip of the Capitol. One of the stories is that the Auditor Gen-eral in the event that he can get no satisfaction from Mr. Powell may ask an opinion from Attorney Gen-eral Frown on the ground that pa-pers belonging to the State are in-volved. Should it turn out that the pa-

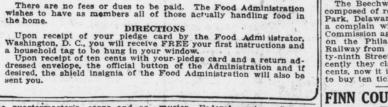
Noived. Should it turn out that the pa-pers really desired have been de-stroyed and that they cannot be re-placed the matter may assume a very serious phase. Meanwhile no one has called for the valises at Union station which friends of Mr. Powell say contain a choice collec-tion of newspapers.

EARMPTION SUBSTITUTES Ten substitutions on local con-scription and exemption boards were announced at the State regis-tration bureau to-day. They will become effective at once. Several resignations have not been acted upon owing to the reasons not be-ing deemed sufficient. All are from distant points.

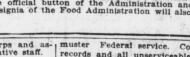
COMPLAIN OF FARE RAISE The Beechwood Civic Association, composed of residents of Beechwood Park, Delaware county, to-day filed a complain with the Public Service Commission against a change in fare on the Philadelphia and Western Railway from Beechwood to the Six-ty-ninth Street Terminal. Until re-cently they clai much fare was five cents, now it is seven with the right to buy ten tickets for half a dollar.

## FINN COUNTRY FREE OF RUSSIA

HEALS PIMPLES



records and all unserviceable property must be in immediate readiness



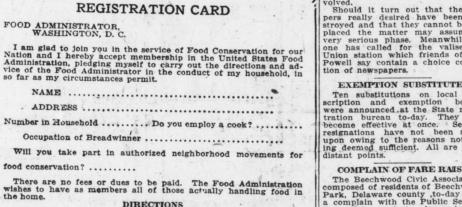
DIRECTIONS

the quartermaster's corps and as-signed to the administrative staff. records and all unserviceable more

EXEMPTION SUBSTITUTES

L. Floyd ness and W. Bingham eigh countries. The Finnish social bility of Finland's freedom. Kay, two of the men who were of-ficials in charge of tax settlements under Ex-Auditor General A. W. Powell, have been told that they cannot do business with the Auditor General's Department for the pres-ent. Mr. Hess has presented sev-eral papers in relation to tax matters

Sizes 32 to 42. Just 75 pairs of these fine worsted and cassimere pants; neat stripes. EXTRA---100 Men's \$1.50 Fine Sennett Straw Hats . .





**4,237 WOMEN AFFIX NAMES** 

14

# City and County Is Rallying to Conservation Call of President

**TO FOOD CARDS** 

At noon to-day according to official reports given out at the head-quarters of the food conservation quarters of the food conservation registrars, 1,971 women in the eity had signed the pledge. The total is 4,237. This afternoon and to-mor-row are the last days for the enroil-ment. So far Dauphin is the only county borough to turn in complete returns for the campaign, the upper end town has 117 women registered. The reports for to-day's work as to the wards is as follows: First, 307; third, 34; Fourth. 61; fifth, 77; sixth, 152; seventh, 212; eighth, 246; ninth, 113; tenth, 216; eleventh, 224; twelfth, 276; thirteenth, 53. Cards have been distributed in the Capitol, Blough Brothers Manufac-turing Company, Harrisburg Silk Mills, the two Five and Ten Cent Stores, the Y. W. C. A., the Souter department store for the purpose of enrolling the employees of these places. Requests have been received, by

places. Requests have been received, by the registrars from the residents of Seventh street for a canning demon-stration. The matter has been placed in the hands of John Yates, secretary of the Associated Aid So-cieties, who will arrange for the demonstration.

### NATIONAL GUARD PERFECTS DETAILS

#### **Continued From First Page**

get it.

HOME CARD

FOOD ADMINISTRATOR, WASHINGTON, D. C.

food conservation? .....

Continued From First Page in several lines of work where they are most needed. He is especially anxious to enlist cooks, stenogra-phers and typists and telephone ex-experts. This morning two expert telegraphers made application. A buzer has been installed and the men accustomed to the click-click of tax-telegraph sounder will be given an opportunity to test their ears on the spits and snärls as they come into a wireless receiver. Navy recruiting as usual continues light. It is believed by the officers in charge that the term of four years discourages enlistments. J W. Kel-ley, 116 North Third street, and Ja-son McCarl are the latest enlistments. A big sendoff to the men who have

son McCarl are the latest enlistments. A big sendoff to the men who have joined the service but are not yet on active duty is being planned for the members of the Wharton Study Club this evening at 8 o'clock. Sev-eral prominent men have been asked to attend and it is intended to maxe this the largest of the many success-ful events the club has given its members.

members. Enter Federal Service The Adjutant General's Depart-ment to-day announced that six of-ficers and enlisted men of the Na-tional Guard regiments now in fed-eral service had passed the examina-tion for admission to the United States Army and would be dis-charged from the Guard to accept commissions.

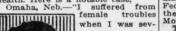
Adjutant General Stewart to-day

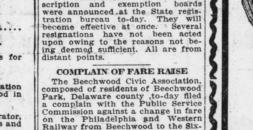
Adjutant General Stewart to-day received acknowledgments of his or-ders to commanders of National Guard organizations to have every officer and man present for initial muster on Monday morning. Efforts are being made in various parts of the State to speed up enlistments so as to get commands at war strength before entering federal service

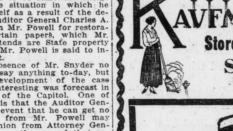
service. A truck company may be located at Lebanon. It is being organized by Eugene Moyer, one of the stenog-raphers of the State House of Rep-resentatives. Harry A. Persell, of Wilkinsburg, was to-day appointed a major in

LONGING FOR A CHILD

Young Wife Almost in De-







**U. S. FOOD ADMINISTRATION** WIN THE WAR BY GIVING YOUR OWN DAILY SERVICE SAVE THE WHEAT .- One wheatless meal a day. Use corn, oatmeal, rye or barley bread and nonwheat break-fast foods. Order bread twenty-four hours in advance so your baker will not bake beyond his needs. Cut the loaf on the table and only as required. Use stale bread for cooking, our wheat harvest is far below normal. If each person weekly saves one pound of wheat flour that means 150,000,000 more bushels of wheat for the Allies to mix in their bread. This will help them to save SAVE THE MEAT.—Beef, mutton or pork not more than

appropriation committees and it is possible that the bill may not be acted upon until next week. The

FILE NOMINATING PERTITIONS Nominating petitions to run for associate judge were filed at the Capitol by Dr. V.-I. McKim, Burn-ham, Mifflin county: Thomas M. Shively. Limestone township, and William K. Forster, Mi'4 inburg, Union county. unty.

possible that the bill may not be acted upon until next week. The Governor has until July 2 8 to distribute the appropriation bills next week. He has about 160 bills of general character in his hands. The Governor has withdrawn his involved and vetoed the bill. The governor has withdrawn his involved and vetoed the bill. The measure was approved on July 5 as act No. 284; but is now veto No. 97, under date of July 10. The veto sets forth that a similar bill within thirt ydays after the Legislature adjourned. The Governor was given an option by the Attorney General on June 15, 1915, to the effect that he could change his decision on a bill within thirt ydays after the Legislature adjourned.
At the Executive Department it is stated that it will hardly be possible for the Governor to grant hearings on bills now in his hands, but that briefs may be filed on any measures to be acted upon.
FILE NOMINATING PETITIONS Nominating petitions to run for associate judge were filed at the state ing by the data for any be filed on any measures to be acted upon.



Number in Household ...... Do you employ a cook? ..... Occupation of Breadwinner .....

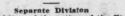
HERBERT HOOVER, United States Food Administrator.





F. King, M.D.

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Those Pimples are unsightly and hould not be tolerated. Clear them invay: please your friends and remove the cause of embarrassment to your-self. To get rid of them is simple-apply Poslam at night, and leave it on in the daytime too, wheh conveni-ent. Poslam acts quickly. You can soon see benefits. It is absolutely soon leas

on see benefits. It is absolutely Company, contracting for the work, So effective is Poslam that a little its guld cover a large surface. It its guld cover a large surface. It its QUALITY, not the quantity of that does the work. That does the work. A that he set he work and the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the tries to commune the set of the set of the set of the set of the tries to commune the set of the set o



Always fresh and crisp! **Post Toasties**