

HONESTY IS GOOD HABIT

Certainly We Can Strengthen it and Avoid the Pitfalls of Little Temptation

By Beatrice Fairfax

Very few of us are born thieves, but a good many of us force a habit of thievery upon ourselves.

Apart from the mental defective who drifts naturally into the criminal class, and the daring gambler who scorns the tame "rules of the game," there are very few people who are definitely lacking in honesty.

Being honest is not half so much a matter of not stealing from the world as it is a matter of being square with yourself. That sounds like a radical statement, and is so simple as to be almost commonplace.

The man who travels for a large firm which allows him an expense account and who racks to that expense account a certain amount of "padding" is cheating his firm—of course we all grant that.

As an Example Recently a twenty-one-year-old boy found himself in the Tombs at the end of a six weeks' honeymoon.

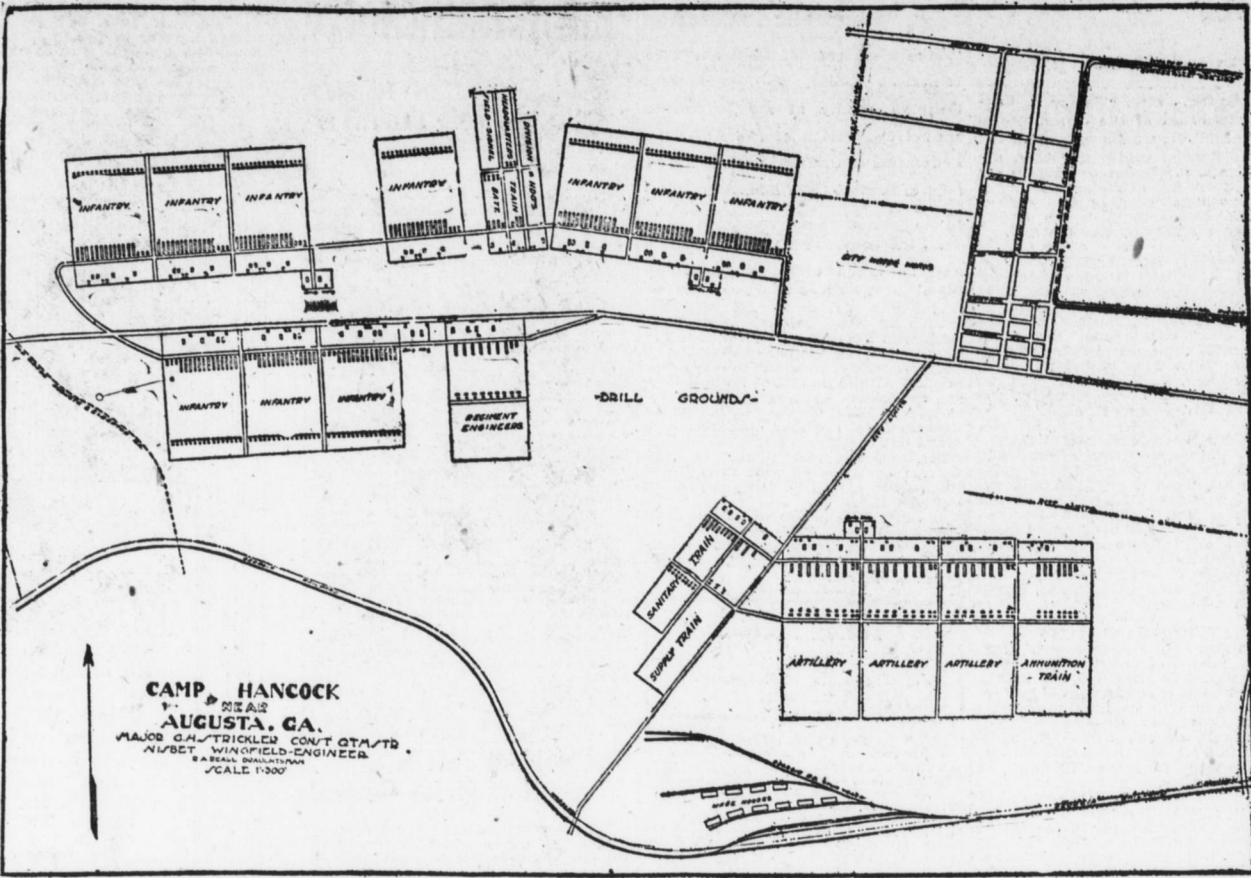
Alkali in Soap Bad For the Hair Soap should be used very carefully, if you want to keep your hair looking its best.

The best thing for steady use is just ordinary mulsified coconut oil (which is pure and greaseless), and is better than the most expensive soap or anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in.

You can get mulsified coconut oil at any pharmacy, it's very cheap and a few ounces will supply every member of the family for months.

WHERE PENNSYLVANIANS WILL TRAIN FOR TRENCHES



CAMP HANCOCK AUGUSTA, GA. MAJOR C. S. STRICKLER, COMD. Q. M. STAFF. NISBET WINGFIELD, ENGINEER. SCALE 1:5000

The accompanying map of Camp Hancock and the plan for taking care of the troops from Pennsylvania show the details of the encampment. It is intended that the soldiers shall live in tents and that mess halls and other

buildings shall be of wood. Construction is proceeding slowly and the troops will not all be in quarters until about September 1.

Here companies D and I of this city and all the troops from Pennsylvania will be located until ordered abroad.

boy is not hard to trace. In the beginning he was probably a fairly honest little chap—maybe even a very honest little chap.

When a youngster like that starts out on a career of dishonesty he does not dream that it is a "career of dishonesty." He either tells himself that he has a right to little things and wouldn't take anything big, any way, or he explains to himself that everybody does such things, so it must be all right; or he promises himself that he's just borrowing and will put it back as soon as gets a chance.

A Bessetting Sin In most people there lie the beginnings of a dangerous sort of slyness. We all like to win at the game we are playing.

At a recent charity bazaar, a gorgeously dressed young woman wandered around selling chances on a magnificent, displayed on her own

hand. It was the gift of a Jeweler whom she managed to interest in the cause she was representing.

The ring and her beauty were there to impress every onlooker. She had no trouble in selling chances at 50 cents a share.

Major Goldthwait is a bone specialist and he took twenty American surgeons to England to study the work there. He has now come back to train other surgeons in the working of modern miracles.

Bones of Goats Used to Make Wounded Sound

An Atlantic Port, Aug. 8.—Major J. E. Goldthwait, a reserve officer in the United States medical corps, arrived at an Atlantic port on a British ship.

Major Goldthwait is a bone specialist and he took twenty American surgeons to England to study the work there. He has now come back to train other surgeons in the working of modern miracles.

Debutantes Break Waitresses' Strike

Ashland, Wis.—Debutantes of the 1917 season broke a strike of waitresses at a local hotel and voted it a "great day for fun."

LONG TRAINING FOR DRAFT ARMY

Men Will Be Drilled For Year Before Entering Trenches

Washington, D. C., Aug. 8.—The selective army of 687,000 men will be in cantonments about the last of October.

Representative Fitzgerald, chairman of the House appropriations committee said to-day that the quartermaster general's office was unable to obtain sufficient supplies for the selective army and that therefore not more than 150,000 would go into camp in September.

Judge Upholds Man Who Sold "Credit" Auto

Springfield, Ill.—William Carpenter, arrested several weeks ago in Kansas City and brought back to Springfield to face a charge of larceny as bailer, preferred by C. J. Irwin, was released when his case was dismissed by the court.

Ignores Injunction Against Odor of Onions, Fined \$10

Reading, Pa.—Because he allowed the aroma of sauer kraut, liver and onions, fried steak and the sound of waiters' voices shouting kitchen orders to be wafted from his restaurant after an injunction had been procured by the owners of an adjoining six-story apartment house, Gus Contos was to-day adjudged in contempt of court by Judge Wagner.

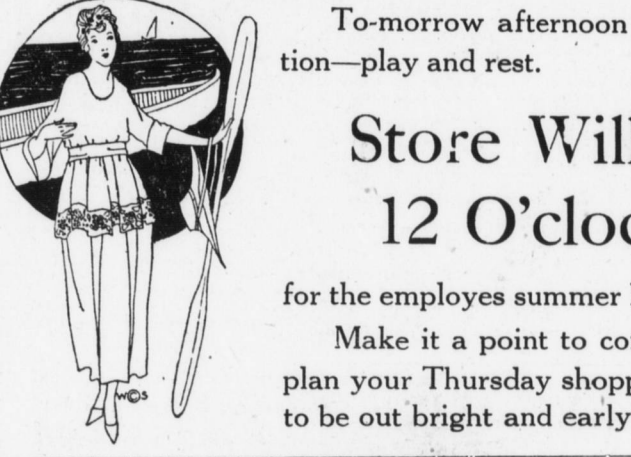
CANNING RULES ARE EXCHANGED BY HOUSEWIVES

YOU with hundreds of other housewives have successful methods of canning, preserving and drying foods and fruits which have either been handed down to you from generations of your ancestors or which you have evolved.

Corned Beef—After beef has been properly corned for required time, remove the meat from the brine; soak for two hours in clear water, changing the water once; place in a wire basket and boil slowly for one-half hour; remove from the boiling water, plunge into cold water, and remove gristle, bone and excessive fat.

Water bath . . . . . 20 Minutes. Water seal, 214 degrees . . . . . 30 5 lb. steam pressure . . . . . 40 Steam pressure . . . . . 30

PREPARED MEATS Spring Chicken, Fried.—After cleaning and preparing spring fry, season and fry as though preparing for serving directly on the table.



"True to the Standards of a Bowman Store Sale"—the Annual August Sale of FINE FURNITURE

Offering no undesirable furniture made for sale purposes, but the very best and latest period and staple designs at substantial reductions. Over 2,500 Pieces, Including Small Odd Things Up to Suites of Every Sort

—And this is furniture that will stand the test of time. You will find something here of special interest, and if desired—convenient terms of payment may be arranged.

It's a Great Furniture Sale—a Big Event Now Is the Time to Buy

If you believe in economy you will let nothing keep you away from our semi-annual

B. B. B. SALE

"Bowman's Big Bargain Sale" Which Opens Friday, August 10th Will Close Saturday, August 18th

An eight-day underselling event — to be the best one we have yet held, and you know the B. B. B. value giving record of the past.

WE WOULD SUGGEST that you give close attention to the first two pages of B. B. B. Sale news that will appear in the Harrisburg Telegraph to-morrow evening.

Note the offerings and be here on Friday, the opening day, as early as you can to profit by the big values all over the store.

four small chickens. Pour liquid from the griddle or frying pan into the container over the chicken. Place rubbers and caps of jars into position, not tight. Cap and tip tin cans. Sterilize for the length of time given below for the particular type of outfit used.

MI-O-NA QUICKLY ENDS INDIGESTION

Do not continue to suffer with heartburn, dizziness, after dinner distress, headache, biliousness, pain in the bowels or souring or stinging stomach. Get relief at once—buy to-day — a 50c box of Mi-o-na Tablets. They quickly and surely end indigestion and stomach distress or money refunded. For sale at H. C. Kennedy's, —Ad.