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

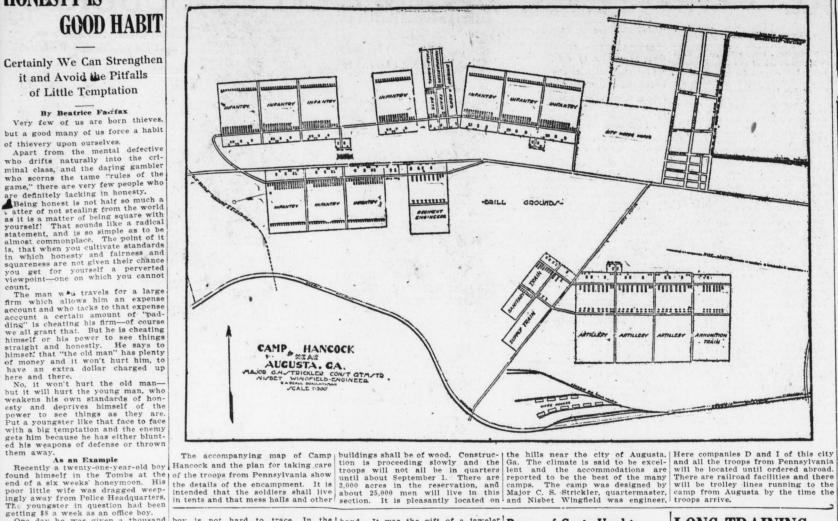
but a good many of us force a habit of thievery upon ourselves.

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 atter 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 point of it is, that when you cultivate standards in which honesty and fairness and squareness are not given their chance you get for yourself a perverted viewpoint—one on which you cannot count.

and breadstuffs.

WHERE PENNSYLVANIANS WILL TRAIN FOR TRENCHES



Recently a twenty-one-year-old boy found himself in the Tombs at the form of the troops from Pennsylvania show in tents and that mess halis and other settings as well as an office boy. One day he was given a thousand the path to flowed it turned out that the beginning he was probably a fairly aweetheart unto himself as a wife arrest. In the course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. In the course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. In the course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. The course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. In the course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. In the course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. In the course of the events which followed, it turned out that the penning he was probably a fairly aweetheart unto himself as a wife arrest. The followed himself as a wife arrest. In the course of the events which followed, it turned out that the work in the office and the followed himself as a wife arrest. The followed himself are the penning beautiful to the penning he was probably a fairly aweetheart unto himself as a wife arrest. The followed himself as a wife arrest. The followed himself are the penning himself as a wife arrest. The followed himself are the penning himself as a wife arrest

LONG TRAINING FOR DRAFT ARMY

Men Will Be Drilled For Year Before Entering Trenches

provost marshal general's office. Insurmountable difficulties, he said. made it impossible to get the entire army in training before that time. The machinery of drafting will be completed by the last of August, and if the War Department should call upon the proper property gar. call upon the provost marshal general's office for the army it would be ready to be moved from all parts of the country to the several cantonments.

Ashland, Wis.—Debutantes of the 1917 season broke a strike of waitresses at a local hotel and voted it a "great day for fun." The waitresses went on strike during the invasion of the city by delegates of the Trade Union League of Wisconsin. When the dozen diningroom girls decided not to work, the hotel manager sent out an "S. O. S." to the pretitest girls in town. Five responded.

The country to the several cantonments. In the first week in September will notify the Secretary of War that the drafted army is subject to call. It is the purpose of the War Department then to call about 20 per cent. of the number from their homes to the respective cantonments. It is estimated that not more than 100,000 or 150,000 men can be used in the respective cantonments. It is estimated that not more than 100,000 or 150,000 men can be used in the respective cantonments. It is estimated that not more than 101,000 or 150,000 men can be used in the respective cantonments. It is estimated that not more than 101,000 or 150,000 men can be used in the respective cantonments. It is estimated that not more than 101,000 or 150,000 men can be used in the respective cantonments.

fice is ready to supply the needs of the army.

According to the preliminary plans, about 100,000 men will be sent to the cantonments to organize them and prepare for the reception of the others. The railroads have notified the government that they cannot transport more than half a million men to contonments in one day. This is one of the physical difficulties which forced the government to abandon its plan of calling the army into active being in one day throughout the nation.

The equipment of the new civilian army is one of the biggest problems any government has undertaken. The men, coming from civil life, must be fitted head to foot with millitary clothes, ammunition and arms. When the national guard was federalized there was little to be supplied.

Representative Fitzgerald, chair-

federalized there was little to be supplied.

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.

It is estimated that at least ten months will be required to train the selective army for real service, and military authorities, appreciating the inability of the government to get supplies now, say that it will be a year from September before any of the selective army will be fitted for duty in Europe. A large contingent may be sent before that time for intensive training in France, but the authorities will not allow an army from the selective group to go into the trenches in less than a year.

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 bailee, preferred by C. J. Irwin, was released when his case was dismissed by the court.

Irwin claimed Carpenter had bought a motor car from him on the instillment plan and had sold it after making a first payment.

Judge Reilly decided the car belonged to Carpenter and was his to do as he pleased with. The Judge stated that, if Carpenter's act was criminal, a man could be prosecuted for wearing out and giving away or selling a suit of clothes on which he stilled owed money.

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 waifed 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. He was fined \$10 and cost.

The next offense will bring a drastic penalty, the court warned Contos.

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. The feature of the HARRIS-BURG TELEGRAPH is designed to help you exchange your ideas with other housewives. Send your favorite receipts and methods to the editor and they will be placed before thousands of other housewives. In this way they can be placed before the public and do the maximum amount of good.

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

PREPARED MEATS 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. Cut meat into small pieces and pack closely into hot glass jars or enameled cans. Put rubbers and caps into position, not tight. Cap and tip tin cans. Sterilize for the length of time given below for the particular type of outfit used.

PREPARED MEATS

Spring Chicken, Fried. — After cleaning and preparing spring frys, season and fry as though preparing her to suffer with heart into small pieces and pack closely into hot glass jars or enameled cans. Put rubbers and caps into position, not tight. Cap and tip tin cans. Sterilize for the length of time given below for the particular type of outfit used.

PREPARED MEATS

Spring Chicken, Fried. — After cleaning and preparing spring frys, season and fry as though preparing her to suffer with heartburn, dizziness, after dinner discovering the bowels or sour and gassy stom-ken, break the neck and both legs and fold around body. Roll up tight, the a string around the chicken and drop this hot partially fried product into hot quart glass jar or enameled time at a string around the chicken and drop this hot partially fried product from the particular to suffer with heartburn, dizziness, after dinner discovering the bowels or sour and gassy stom-duction and surely end indigestion and stronger or money remove the particular time of the production of the production of the bowels or sour and gassy stom-duction and surely end indigestion and stronger or sour and surely end indigestion and stomach distress—or money remove the particular time and preparing spring frys, season and fry as though preparing spr

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.

Minutes.

Water bath 90
Water seal, 214 degress 60
5 lb. steam pressure 40
Steam pressure 90
Steam pressure 90
In a similar way any fowl or wild game may be prepared by frying, oven baking, roasting or stewing. The meat products which may be canned in this way include beef, pork, Hamburg steak, sausage, venison, rabbit, squirrel, raccoon, oppossum, lamb and all types of sea foods. All may be packed after cooking three-fourths done in any desired way. Hot glass jars or enameled tin cans may be used. When packed the liquids should always be poured over them.

MRS. A. D. K.

MI-O-NA QUICKLY ENDS INDIGESTION

BELL 1991-2356 UNITED

Store Opens 8.30 A. M.—Closes 5 P. M. Excepting Thursdays (12 noon)—Saturdays (9 P. M.)



To-morrow afternoon we will all have recreation-play and rest.

Store Will Close at 12 O'clock Noon

for the employes summer half holiday.

Make it a point to come out in the morning plan your Thursday shopping to-night and arrange to be out bright and early to-morrow.



"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.

The great furniture salesroom an ever changing cyclorama—as rapidly as the heavy selling makes inroads on various lines—other shipments are ready to fill their places.

> 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.

The Food Problem in Summer

It is easy to prepare nourishing, strengthening, wholesome meals in Summer at low cost without spending much time in the kitchen if you only know how to select foods.

It is time to cut out the heavy, expensive foods which are hard to digest and which contain little nutriment.

It is what you digest, not what you eat, that builds healthy

tissue and supplies energy for the day's work. Every loyal American will want to do his bit in preventing waste of wheat and other food staples. The best way to prevent

Shredded Wheat Biscuit

waste is to demand the whole wheat grain in breakfast foods'

is 100 per cent. whole wheat prepared in a digestible form. The conservation of health and strength at this time calls for meatless meals, not wheatless meals. Shredded Wheat is all food -nothing wasted, nothing thrown away.



Whole wheat is the most perfect food given to man and contains every element the human body needs.

Two or three Shredded Wheat Biscuit with milk and sliced bananas, berries, peaches, or other fruits, make a nourishing, satisfying meal for the Summer days at a cost of a few

Made only by THE SHREDDED WHEAT COMPANY, Niagara Falls, N. Y.