

# Reading for Women and all the Family

## CARRY ON

How the Housewife Can Aid in the War

"You cannot all put a German soldier out of business," is the message Major Keith brought to America, "but you can all help put a German lie out of business."

One of the latest of these German lies in regard to food. After trying in vain to breed dissatisfaction among the American housewives by spreading the report that our government intended to seize all canned fruits and vegetables after the suspicious destruction of warehouses filled with grain and food supplies in various parts of the country, the German press now states that owing to the enormous increase in the shipping of wheat from America, the Allies can entertain no hope of any further reinforcement of men from our shores.

The spirit of "Carry on" in the hearts of the American people must stand against any such insidious pessimism emanating from German sources.

The food problem is one that affects all nations in time of war. The Germans are trying to starve out the Allies by sinking their food ships. The Allies are blockading food from Germany. And the neutral nations are under constant pressure both ways.

The necessity of reducing consumption and the effort to increase production is the common lot of all America. It is to-day better for you than any of the belligerents and it is her part to "Carry on" by sharing with her less fortunate associates.

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## Bringing Up Father

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By McManus



## THEIR MARRIED LIFE

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"What's the matter?" queried Warren as the evening wore on. "I feel as though I was suffocating," said Helen, rising in alarm from her chair.

"Well, go to bed and forget about it. You don't want to have one of your sleepless nights," Helen knew that Warren was right and though she thought herself too nervous to sleep, sleep came and when she awoke it was morning.

She noticed the queer feeling just before she got up and decided to consult Dr. Bradley without any delay, although she said nothing to Warren about it. Warren himself had completely forgotten about last night's incident.

A cursory examination by the doctor that noon brought out the fact that Helen's heart was not quite normal.

"Nothing at all to worry about, probably the result of an attack of indigestion. Did you eat anything last night?"

"Yes, some cold chicken," Helen confessed, remembering that she and Warren had raided the ice box after coming home from the theater.

"Well, that shouldn't have done it, but if your system happened to be run down anything would bring it about. Nothing to worry about. Come in to see me again the latter part of the week if you are bothered. Good afternoon."

Helen had known Dr. Bradley for a long time and had complete confidence in him. Consequently when she announced that night at the dinner table that Dr. Bradley had said that her heart was not quite normal, she felt that she was entirely justified.

Warren looked up in amazement. "Have you been to the doctor's today?"

"Yes, dear," Helen admitted. "Don't you remember last evening I felt so strange?"

"You didn't say anything about it at breakfast,"

"I felt all right then."

"How did you happen to go to the doctor's?"

"Well, Warren, I'm never ill, and this worried me. I didn't want to let it go in case it happened to be anything serious."

"Did the doctor say it was serious?"

"Well, no," Helen was forced to admit. "She had not said that at first. She had thought it sounded imposing to tell Warren that Dr. Bradley had said her heart was not quite normal."

"Then he did say it was not anything serious?"

"Yes, he said it was probably caused by indigestion."

"You didn't tell me that at first," Helen had the grace to blush, but she hastened to add, "You didn't give me time."

"Oh, Helen, you're just like other women, anxious to magnify anything that ails you," Warren said impatiently.

Helen was just guilty enough to feel that she had no return to make. It was true that she had no intention of telling Warren unless he asked her that Dr. Bradley had said anything about indigestion. Somehow, indigestion sounded so plebian and commonplace while even a nervous heart sounded impressive. She even confessed to herself that she had hoped Warren would be concerned, but she was so stupid that the simplest notion from him had brought out the truth.

Mary brought in the dessert, a particularly delicious kind of prune whip that Helen had had on several occasions. Helen and Warren were extremely fond of Helen, with downcast eyes, began to eat hers slowly, and as Warren dipped his spoon in his dish he looked across teasingly and remarked:

"Better look out, dear, that stuff is awfully rich; it might make your heart worry."

Helen was forced to laugh at this, but the little hurt that Warren's apparent callousness had caused rankled in her heart. She wondered if she were really very ill how he would act and whether his unconcerned manner would become nervous and worried. Nothing short of a serious illness would ever cause that cool manner of his, that superb masculine indifference.

Imagine Helen's surprise, then, when she saw from the table that he slipped his arm about her and drew her to him.

"It was teasing you, old girl. You know that. Dr. Bradley's better go down to the doctor's before the week is out and have him listen to that heart again. There was really nothing that we ate last night to cause a serious attack of indigestion."

Helen throbbed exultantly. He did care; he did! She hadn't told him a thing about it. Dr. Bradley's asking her to come and consult him again. Therefore Warren was really concerned about the seriousness of the attack. How fit and she was she hadn't entirely misjudged him!

To Be Continued

## Official Householder's Flour Report

(WRITE CAREFULLY)

NO HOUSEHOLDER is permitted to purchase over 49 pounds of wheat flour nor to have more than thirty days' supply. Every householder must report immediately (on this form) to their County Food Administrator. Make report of all wheat flour on hand, whether it is excess or not, and urge on your neighbors the importance and necessity of making this report promptly:

Number in household . . . . . adults, . . . . . children under 12.

Wheat flour on hand (all flour containing any wheat) . . . . . lbs.

Thirty days' requirements (when used with substitutes according to 50-50 regulation) . . . . . lbs.

Excess amount on hand . . . . . lbs.

I agree to hold my excess subject to the order of the United States Food Administrator.

Name . . . . .

Postoffice . . . . .

Street and No. or R. F. D. . . . .

Maximum penalty for hoarding is \$5,000.00 fine and two years' imprisonment. These blanks will not be distributed. You must fill in your own blank and mail or deliver it to your County Food Administrator. An immediate report will avoid possibility of search and prosecution.

Send report to:  
THE FEDERAL FOOD ADMINISTRATOR  
c/o CHAMBER OF COMMERCE,  
DAUPHIN BUILDING, HARRISBURG, PA.

## NO CLEAN COLLARS FOR SUNDAY WEAR

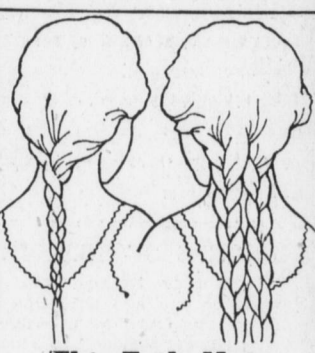
Bellefonte Steam Laundry Burns and Numerous Family Washes Destroyed

Bellefonte, Pa., March 8.—Yesterday morning the Bellefonte steam laundry, owned by John Noll, a former member of the State Legislature and a well-known Civil War veteran, burned to the ground, entailing a loss estimated at \$5,000.

Bellefonte had passed through the past exceptional winter, when many of the fire hydrants were out of commission because frozen, without a single blaze, despite the fact that neighboring towns and cities, including Williamsport, Lock Haven, Jersey Shore and Philipsburg, suffered heavily from fire losses.

The blaze yesterday morning, however, had gusted just headway before it was discovered that the firemen could do little save confine the fire to the building, which was completely gutted. The expensive machinery, much of it newly installed, was ruined. In addition, scores of family washings went up in smoke.

As a result, these families will be forced to bear their individual losses, as stipulated in the terms of the laundry contract. Hundreds of residents will have to buy new collars or wear soiled ones over Sunday.



## Thin Endy Hair or Thick and Healthy?

A scalp cared for by Cuticura usually means thick, glossy hair. Frequent shampoos with Cuticura Soap are excellent. Precede shampoos by touches of Cuticura Ointment to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair or skin.

Sample Each Free by Mail. Address postcard: "Cuticura, Dept. 14A, Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c.

## BAKER'S BREAKFAST COCOA

The food drink without a fault

Made of high grade cocoa beans, skilfully blended and manufactured by a perfect mechanical process, without the use of chemicals. It is absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

The genuine bears this trade-mark and is made only by

Water Baker & Co. Ltd.  
DORCHESTER, MASS.  
Established 1780

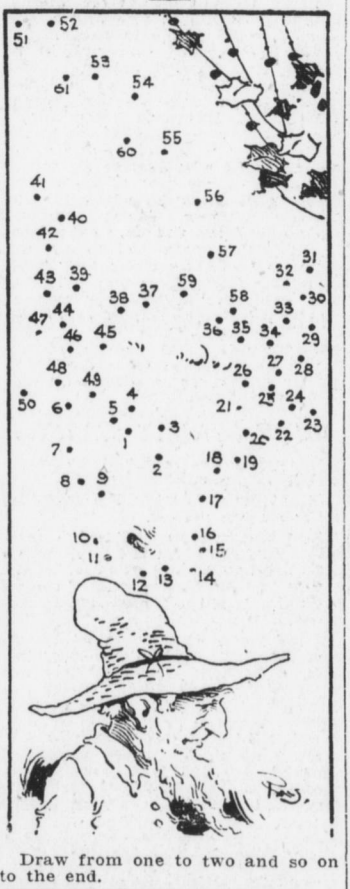
**Beautiful Bust and Shoulders**  
are possible if you wear a scientifically constructed Bien Jolie Brassiere.

The dragging weight of an unconfined bust so stretches the supporting muscles that the contour of the figure is spoiled. The bust back where it belongs, prevent the full bust from having the appearance of flatness, eliminate the danger of dragging muscles and confine the flesh of the shoulder giving a graceful line to the entire upper body.

They are the daintiest and most serviceable garments imaginable—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Banded with "Wololin," the rustless boning—permitting washing without removal.

Have your dealer show you Bien Jolie Brassieres. If not stocked, we will gladly send him, prepaid, samples to show you. BENJAMIN & JOHNS, 81 Warren Street, Newark, N. J.

## Daily Dot Puzzle



Draw from one to two and so on to the end.

## Relief from Eczema

Don't worry about eczema or other skin troubles. You can have a clear, healthy skin by using a little Zemo, obtained at any drug store for 35c, or extra large bottle at \$1.00.

Zemo generally removes pimples, blackheads, blotches, eczema and ringworm and makes the skin clear and healthy. Zemo is a clean, penetrating, antiseptic liquid, neither sticky nor greasy and stains nothing. It is easily applied and costs a mere trifle for each application. It is always dependable.

The E. W. Rose Co., Cleveland, O.

## Food and Education Will Win the War Business Men and Uncle Sam Need Office Help

The conscription plan will furnish plenty of soldiers, but EDUCATION is the only thing that will furnish these other recruits.

## Grasp Your Chance Now

The School of Commerce has filled many high-grade positions since September, \$1100 to \$1200 a year to begin—with a bonus of 5%—some since increased to \$1400. Others \$25, \$30, \$35, \$40, \$45 or \$50 a week. For names and special information, call or write. Any boy or girl, man or woman, who desires to earn a good salary, can do so—but he must work and train in the right way.

## School of Commerce and Harrisburg Business College

Troup Building 15 S. Market Square  
BELL 485—DIAL 4393  
Bookkeeping, Shorthand, Stenotype, Civil Service  
CATALOG UPON REQUEST

## CATTLE DEALER DIES SUDDENLY

Columbia, Pa., March 8.—Solomon Rosenthal, for thirty years a prominent cattle dealer in Columbia and who lived in Lancaster, died suddenly at the Hotel Bitter here Thursday night from heart failure, aged 66 years. He had been in ill health for several months, but had recovered and was attending to business as usual. Going from his office to the hotel, he was found by the proprietor, who went to his room to answer a call.

## MISS MARY LEAMAN DIES

Marietta, Pa., March 8.—Miss Mary Leaman, of Upper Leacock township, died Thursday night, she was aged 81 years and was the oldest member of the Paradise Presbyterian Church. A brother, Dr. Henry Leaman, of Philadelphia, and another, the Rev. Charles Leaman, a missionary in China, survive.

AVIATORS REACH FRANCE  
Marietta, Pa., March 8.—Word has reached here that Sherman L. Seltz and Norman Schriver have arrived in France. They are members of the Aviation Corps and enlisted while working at Glen Rock several months ago.

IN QUANTITY, QUALITY AND VARIETY  
Of news, features and illustrations, the New York Sunday American will lead again next Sunday. Rider Haggard's new serial, "Y-Y-A"; Ambassador Gerard's "Face to Face With the Kaiser"; and the big Pictorial Graveyard sections are the latest additions to the former attractive features, which are all retained. Order your copy now.

## A Victory Dinner in One Dish

What a relief it would be once or twice in the week to have your whole dinner in one dish! Would it satisfy? Try these suggested by the United States Food Administration and see.

DINNER I  
Any Day but Tuesday  
Potted Hominy and Beef.

DINNER II  
Any Day but Especially on Friday  
Fish Chowder With Cornmeal Bread.

DINNER III  
Any Day  
Dried Peas With Rice and Tomatoes, Date Custard, Cornstarch Pudding.

**Potted Hominy and Beef**  
2 tablespoons fat.  
2 tablespoons flour.  
2 cups milk.  
4 potatoes.  
2 cups carrots.  
½-pound dried beef.  
5 cups cooked hominy.  
1 teaspoon salt.

Melt the fat, stir in the flour, add the cold milk, and mix well. Cook until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

**Fish Chowder**  
A 3-pound fish.  
4 tablespoons drippings.  
1 medium onion, chopped fine.  
1 quart sliced potatoes.  
3 cups hot milk.  
Skin and bone the fish, and cut in 1-inch cubes. Cover the bone and trimmings with cold water and let simmer for one-half hour. Cook the onion in the fat for five minutes, in a stew pan. Parboil the sliced potatoes for five minutes, then drain and add layers of fish and potatoes to the fat and onion in the stew pan. Season each layer with salt and pepper. Strain the liquor in which the fish bones have been cooking over all, and cook about twenty minutes until fish and potatoes are tender. Then add the scalded milk. If desired thicker, sprinkle a little cornmeal between each layer of fish and potatoes.

**Dried Peas With Rice and Tomatoes**  
2 cups dried peas.  
1 ½ cups rice.  
6 onions.  
2 cups tomato (fresh or canned).  
1 tablespoon salt.  
¼-teaspoon pepper.

Soak peas over night in two quarts of water. Cook until tender in water in which they were soaked. Add rice, onions, tomatoes and seasonings and cook twenty minutes.

## HAIR COMING OUT?

Dandruff causes a feverish irritation of the scalp, the hair roots shrink, loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of Dandermine at any drug store, for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair stops coming out and you can't find any dandruff.

MOTHERS  
Keep the family free from colds by using  
MORRIS'S VAPORUB  
A Little Balm - Good in Every Way

## Dr. Francis H. Green to Speak Before Y. M. C. A.

Dr. Francis H. Green, a member of the faculty of the West Chester State Normal School, will address the men's mass meeting in Fahnstock hall to-morrow afternoon at 3.30. His subject will be "Our Choices."

Dr. Green is a well-known speaker. He has spoken to large crowds in the Y. M. C. A. mass meetings of Lancaster, and in other towns. His address will be a timely, practical talk on modern day problems, and he will help the average man to make his choice. He has been described as a man "filled with dynamic energy."

The meeting will be under the auspices of the Central Y. M. C. A. A number of songs will be given by the Zion Lutheran Church male quartet.

## PROTEST AGAINST CHARGE

Waynesboro, Pa., March 8.—Petitions are now being circulated among patrons of the Waynesboro Gas Company protesting against the proposed "Readiness-to-Serve Charge" of fifty cents a month on each meter through which gas is used, whether a regular or pre-payment meter. The matter has also been taken up with the Public Service Commission.

## MRS. CATHARINE FEIDLE DIES

Hummelstown, Pa., March 8.—Mrs. Catharine Feidle, widow of Horace Feidle, died at her home here last night. The funeral will be held Tuesday morning at 11 o'clock from the undertaking parlors of Karman & Son. Burial will be made in the Hummelstown cemetery. The Lutheran minister at Hummelstown will conduct the services.

## TO GIVE LECTURE

Prof. W. R. Zimmerman, assistant county superintendent of Dauphin county schools, will lecture at the Rutherford schools, Monday evening. His subject will be "The Yellowstone National Park." He will tell of many interesting features of the great national reservation, and his lecture will be illustrated with slides.

## RABBI HAAS TO SPEAK

Rabbi Louis J. Haas will address a meeting of the Hebrew Educational Society at Reading to-morrow evening. His subject will be "The Title of Honor." The rabbi will be the principal speaker at the meeting.

## A RAW, SORE THROAT

Eases Quickly When You Apply a Little Mustrerole.

And Mustrerole won't blister like the old-fashioned mustard plaster. Just spread it on with your fingers. It penetrates to the sore spot with a gentle tingle, loosens the congestion and draws out the soreness and pain. Mustrerole is a clean, white ointment made with oil of mustard. It is fine for quick relief from sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds on the chest. Nothing like Mustrerole for croupy children. Keep it handy for instant use.

30c and 60c jars; hospital size \$2.50.



## DR. CHASE'S Blood and Nerve Tablets

Dr. Chase, 224 North Tenth St., Philadelphia, Pa.

## IF YOU HAD A NECK AS LONG AS THIS FELLOW, AND HAD SORE THROAT

ALL THE WAY DOWN  
TONSILINE  
WOULD QUICKLY RELIEVE IT.  
25c. and 60c. Hospital Size, \$1.

## Good For the Teeth

AN APPLE at night makes the dentist's bill light.

An apple eaten in the evening will chemically clean the teeth and protect them from bacterial ravages.

Ask your grocer for our Famous Adams County Apples.

United Ice & Coal Co. Distributors

## "WAS STIFF AND SORE Liver Was Bad--Was Nervous,"

Says H. C. Gongee, 311 Chestnut street, Harrisburg. "I have been miserable for months, a bad stomach and liver had poisoned my system and gave me bad headaches and nervous spells. I had pains in back and side, and would get hot and feverish. Would get stiff and sore and felt half alive all the time. Sanpan had been so highly recommended to me that I gave it a trial, and my stomach and liver are working fine, my aches and pains are gone and I have completely recovered." Sanpan is being introduced at Keller's Drug Store, 405 Market street, Harrisburg.—Adv.

## Are Your Valuables Safe?

Our vault equipment cost us over \$16,000, but it keeps our securities safe from fire and theft.

You may use this same equipment and have the same protection for a small sum each year.

A \$2 safe deposit box meets all ordinary needs.

1832-1918