

Reading for Women and all the Family



Marketing Pound For Pound

All housewives must now buy their wheat flour with equal quantities of mark you! It doesn't mean that if five pounds of flour is bought the other five pounds must all be in rice

other five pounds must all be in rice or in barley flour or oatmeal or any other one substitute, but that it can be in rice and barley flour and oatmeal and any or all other substitutes.

There is a wide range of choice to make up these pound for pound purchases, The substitutes include corn meal, corn flour, edible corn, starch, hominy, corn grits, barley flour, potato flour, sweet potato flour, syabean flour, feterita flour and meals, rice, rice flour, oat meal, rolled oats, buckwheat flour. All of these, it is true, may not be available in the local market but there will be enough to lend variety to the cereals purchased.

local market but there will be enough to lend variety to the cereals purchased.

The dierence between what has become known as combination sales and the fifty-fifty sale is this: the former was a convenience for the storekeeper, helping him to get rid of excess stock by forcing an extra purchase; while the latter is the country's effort to reduce the total consumption of wheat by increasing the consumption of other cereals. If this is divided among several staple supplies it can easily be used during the same period as the flour purchased at the same time and the very fact that those things are in the larder will automatically increase their use and diminish the use of wheat. The following is merely a suggested purchase on the fifty-fifty basis, for a flour supply for a family of two covering a period of two weeks:

Five pounds of flour, five pounds of other cereals, (divided as follows), one pound rice (to be used as a vegetable soup baread, Indian pudding, etc.), one-half pound cornstarch (for thickenings, puddings, etc.), one-half pound cornstarch (for thickenings), puddings, etc.), one-half pound cornstarch (for thickenings), puddings, etc.), one-half pound cornstarch (for thickenings), puddings, etc.), one-half pound cornstarch

Lose Your Fat,

what The following is meretime of wheat. The following is meretime of the control of the following is meretime of the following is me



"A Golden Seal Customer, a Pleased Customer."

At Noon or Night Come to the Golden Seal

Luncheonette

You will find delicious food, splendid service,

and moderate prices. Many novel combinations from 20c to 35c

Savory Soups Delicious Sandwiches Fresh Vegetables Rich Puddings Home Baked Pastry Our Own Ice Cream, Tea, Coffee, etc.

A la Carte Service Oysters in Season Open from 8 A. M. to

City Health Tests prove our Ice Cream the best in the City. Try some at the Fountain-take some home

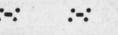


EDUCATIONAL

School of Commerce

Harrisburg Business College Bell phone 485; Dial 4393
Bookkeeping, Shorthand, Stenoype, Typewriting, Civil Service.

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CLOTHES OUT

AN' GO OUT AN'

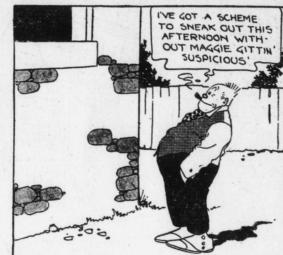
GIT THEM-

THE WINDOW

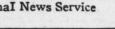
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Bringing Up Father



:-: I'LL DROP ME







Fraternal Orders to Attend Fetterman Funeral Service

Members of the Loyal Order of Moose and the Fraternal Order of Eagles will attend the funeral on Thursday evening of George L. Fetterman, aged 40, who was killed at the Harrisburg Pipe and Pipe Bending Company's works. The service will be held at 9 o'clock in St. Patrick's Cathedral, the Rev. Father Carey officiating. Burial will be in calvary cemetery. Mr. Fetterman is survived by his wife, Mrs. Margaret Fetterman; his father, James Fetterman, and four children. He had worked for a number of years at Steelton and was only one week at the Pipe Bending plant when the tragedy took place.

MESSENGER HURT MESSENGER HURT
A Western Union messenger boy,
Maurice Lewis, of Lemoyne, was
knocked down by a taxicab last night
at Tenth and Market streets. Taken
to the Harrisburg Hospital, surgeons
put several stitches in a scalp
wound, after which Lewis said he
felt all right and would go back to
work.

Advice to the Lovelorn BY BEATRICE FAIRFAX

EAR MISS FAIRFAX:
Three girls have been asked to atnd a dance by three young men,
ell known to the girls. Is is proper
r the girls to dance with people
the affair that they will be introced to through these young men
thout the party asking permission
the scort?. This is a frequent
estion that arises?

ROWENA.

Naturally when your escorts inroduce you to their friends they are
ractically telling you that they want
ou to meet and know each other. So
ou may dance with the men to whom
ou are introduced by these escorts,
ust give them first preference and
ust not show such a desire for anyody else's society as to humiliate
lose who took you to the dance.

YOU MUST "DISCUSS" IT

FAR MISS FAIRFAX:
Am engaged to a man 23. His inentions were and are that we marry you summer. I wonder how we can, ie has no savings, and still gives his nitre salary to his father. His father in business for years, and they ave a very nice home. I love him nd respect him very much, and for hat reason have not discussed the uestion with him. Once in the course fornversation he told me he wanted be good to his parents, and they is need now.

My dear dear sixth the H. D.

are in need now.

My dear, dear girl, there is only one thing for you to do. You must discuss it with the young man, Talking over the situation with me can't do anybody a bit of good. You must find out how long his parents will need his support, whether they are in actual need now, if they are going to require his help after your marriage. The only policy for two young people about to enter upon matrimony to adopt in regard to their finances is complete honesty. Talk over the situation, and find out just where you stand. Don't let false delicacy about money matters wreck your happiness. Frankness and honesty will save the day for you.



THE FOUR OF HEARTS

By VIRGINIA VAN DE WATER





IN BRAIDED VOILE. A little model in blue voile in whose praise all words have been exhausted is this, with the front of the skirt panelled and braided in fine self-color soutache braid, and the back lightly draped with a tunio lined with satin. Soutache also trims

ty lined with satin. Soutache also trims
the waist, which has a square neck
and large collar of blue satin. Threequarter length sleeves are finished
with cuffs of satin. In medium size
the costume requires 6½ yards 40inch voile and 2 yards satin.
Pictorial Review Waist No. 7661.
Sizes, 34 to 42 inches bust. Price, 27
cents. Skirt No. 7629. Sizes, 24 tr
32 inches waist. Price, 20 cents.

both."

The voice was so hard that the istener could scarcely believe the evidence of her own ears. Dora must be very much hurt or very angry at not having been taken sooner into her companion's confidence.

dence. "Dora," Cynthia began, trying to regain her cousin's hand, "don't speak like that, dear. There was nothing to tell until to-day when you sent me into the library—at least nothing that I knew about. I did not know until this afternoon that Gerald cared like that for me." "You knew, I suppose, that you loved him?"

The sentence had an accusing The sentence had an accusing

A Mutual Confession A Mutual Confession
"I did not know it, dear," Cynthia
protested. "In fact, Dora, I.—I think
you are right when you say that
love is not as wonderful as some
people say. At least—the kind of
sentiment I feel for Gerald is not
what I always supposed that
love"—

She stopped, buried her face in the pillow and burst into noiseless

sobs.

Dora hesitated, but only for a moment. With a swift movement of pity she bent over the bed and gathered the sobbing girl in her arms, kissing her again and again.

"There, there, dear!" she soothed.

"Have your cry out and you'll feel better. I guess you have just discovered what lots of the rest of us have had to discover—that love and life aren't all they're cracked up to be. Never mind, honey—if Gerald loves you, and you love him, even a little—you will be happy. For you will love him more and more all the tirne. No woman could help doing that."

trat."

Cynthia had stopped sobbing.
"How do you know?" she asked.
"Well, you see, I am engaged, too." Dora reminded her, with an attempt at a laugh, "so I am supposed to know something about it."
"Yes—you and Milton," Cynthia mused aloud. "So you understand, of course. I cn see just why you should. You could not help it."
Neither of the girls realized that each had made to the other a very illuminating speech.
Nor did either know that the other had cried herself to sleep that night.

(To Be Continued)

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(To Be Continued)

PLAN SUMMER CAMP

"Smile, smile, smile," was the shout of the Boy Scouts to-day when they heard that a plant was started to secure them a permanent summer camp. Scout Executive J. H. Stine verified the rumor and said that the location for a building in this vicinity will be discussed at the next meeting of the Scoutmasters' Association.

ARRESTED WITH REVOLVER Carrying a revolver in his hip picket, Ed. Price, of Sibletown, was picked up by Patrolman Brine last night and held for a hearing to-day.

Use McNell's Pain Exterminator—Ad.

Colds, Coughs, Croup and Catarrh Relieved in Two Minutes

Is your throat sore?

Breathe Hyomei.

Have you a cold?

Have you a cold?

Hyomei is the one treatment for all nose, throat and lung troubles. It does not contain any cocaine or morphine and all that is necessary is to inaler that comes with each outfit.

A complete outfit costs but little addring that comes with cach outfit.

A complete outfit costs but little addring that comes with cach outfit.

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A complete outfit costs but little and correct throat and bronet against over fit costs but little and complete outfit costs but little and correct throat and bronet against over fit costs of the content of the

Wheatless Breads

Have you said that you would rather make toast for breakfast than get up a little earlier to make some But it had arrived and must be, of these muffins? Do you know that in France there is almost no supply

Daily Dot Puzzle



Can you finish this picture? Draw from one to two and so on to ne end.

Can't Find Dandruff

Every bit of dandruff disappears Every bit of dandruff disappears after one or two applications of Danderine rubbed well into the scalp with the finger tips. Get a small bottle of Danderine at any drug store for a few cents and save your halr. After several applications you can't find a particle of dandruff or any falling hair, and the scalp will never itch.

SORE THROAT

The board of directors of the University Club at the annual meeting last night elected H. R. Omwake, scnior master of the Harrisburg Academy and an alumnus of Princeton University, as the new president of the club. Henderson Gilbert, Yale, wits elected vice-president and John H. McCandless, Michigan, secretary and treasurer.

Plans for the "Going-to-College" dinner to be given at the Technical merce hall to plan some special work for the Liberty Loan campaign.

Increase the Technical merce hall to plan some special work for the Liberty Loan campaign.

It ching Rashes to the Liberty Loan campaign.

It ching Rashes College, will be one of the principal speakers.

CHOIRMASTERS TO MEET Choirmasters of the city will meet this evening in the Chamber of Com-

Buy Liberty Bonds

Smartest Style Creations of Season

in the

Suit Sale

now on at the

LADIES BAZAAR

With the National Government taking over the woolen mills of the country-and all wool cloths becoming scarce and higher in price-these wonderful suit values should make a special appeal to you-two and three suits should be bought at these prices—suit for sport, street and dressy occasions—they are here in a splendid showing of all wool cloths-newest styles and all the new spring colors—at these greatly reduced prices.



Satin Suit \$47.75 as illustrated

at \$16.95 \$19.95 \$22.95

\$29.95

This suit buying opportunity should be taken immediate advantage of

Splendid New Coats at \$14.75 \$17.75 \$19.75 \$24.75 and \$39.75

in all the newest cloths-colors and styles at Ladies' Bazaar prices.

Charming New Dresses at \$10.75 \$14.75 \$19.75 to \$39.75

They strike the newest note in the style trend of the day-in all the beautiful new silks-georgettes and white voiles. .

They are typical Ladies' Bazaar values.

Beautiful new

Blouses

8-10-12 S. FOURTH ST.

Fine Separate

Harrisburg's Garment Institution