

Reading for Women and all the Family



Marketing Pound For Pound

All housewives must now buy their wheat flour with equal quantities of other cereals. Not of one cereal, mark you! It doesn't mean that if five pounds of flour is bought the 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 of all other substitutes.

There is a wide range of choice to make up these pounds for pound purchases. The substitutes include corn meal, corn flour, edible corn, starch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soy bean flour, fetaria flour and meals, rice, rice flour, 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.

The difference 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, in soup, desserts, etc.), two pounds corn meal, (for muffins, bread, Indian pudding, etc.), one-half pound cornstarch (for thickening, puddings, etc.), one-half pound oatmeal (to be used as breakfast food, in cookies, etc.), one pound hominy (to be used as vegetable lessening the use of bread, or as a cereal). Total, five pounds of other cereals.

Lose Your Fat, Keep Your Health

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal. The simplest method known for reducing the overweight body is the Marmola Method, tried and endorsed by thousands. Marmola Prescription Tablets, containing exact doses of the famous prescription, are sold by druggists at 25 cents for a large case, or if you prefer you can obtain them by sending direct to the Marmola Company, 854 Woodward Ave., Detroit, Mich. They are harmless and leave no wrinkles or flabbiness. They are popular because effective and convenient.—Advertisement.



"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 7 P. M.

Golden Seal Drug Store
11 SOUTH MARKET SQUARE

EDUCATIONAL

School of Commerce
AND
Harrisburg Business College

Troup Building, 15 S. Market St.
Bell phone 455; Dial 4323

Bookkeeping, shorthand, stenography, typewriting, civil service.

If you want to secure a good position and hold it, get thorough training in a business school of established reputation. Day and Night School. Enter any Monday.

Fully accredited by the National Association.

Bringing Up Father



Dinners Without Bread

What shall we have for dinner? Well, let's not have bread. We'll never miss it. Each of the following menus has some food to take the place of wheat.

Roast Beef Browned Potatoes
 Hominy
 Cabbage and Green Pepper Salad
 Barley Pudding

Vegetable Soup
Rice and Salmon Loaf Asparagus
Sweet Potato Pie in Cornmeal Crust
Mutton Chops with Mint Sauce
Mashed Potatoes Peas
 Celery and Apple Salad
 Fruit Ice

Barley Pudding
Five cups milk, one-third cup barley meal, one-half cup molasses, one-half teaspoon salt, two tablespoons sugar, one teaspoon ginger.

Scauld the milk, pour this on the meal and cook in double boiler 20 minutes; add molasses, salt, sugar and ginger. Pour into greased pudding dish and bake two hours in a slow oven. Serve either hot or cold with cream.

Three cups cooked rice, one cup salmon, one-half cup fine bread crumbs, one-quarter teaspoon salt, one-quarter teaspoon pepper, one tablespoon chopped parsley, one-half egg yolk.

Line a slightly greased bread pan with warm steamed rice having the walls about one-inch thick. Fill the center with salmon or other cold boiled fish, mixed with bread crumbs, seasonings and egg yolk. Cover with rice. Cover with greased paper, set in a pan of hot water and bake or steam one hour. Turn on a hot platter and serve with eggless sauce.

THE FOUR OF HEARTS

A SERIAL OF YOUTH AND ROMANCE
By VIRGINIA VAN DE WATER

CHAPTER XXXIX
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At the door of her own room, Cynthia listened, then turning the knob softly, entered.

She drew a sigh of relief as she noted the door of communication between her room and Dora's was closed. Dora was evidently undressing. There would be a few minutes' respite before Cynthia must report her news to her cousin.

Disrobing hastily, she shook down her long hair, combed and braided it, then, as no sound had yet come from Dora, she turned out her light and got into bed.

Lying there, she heard her cousin go back and forth in her room, preparing for a night. Dora was always slow about dressing and undressing. The last one who was ready for bed usually opened the door between the two apartments.

At the end of twenty minutes, Dora knocked, then entered without waiting for permission to do so.

"Hallo!" she exclaimed. "Are you in bed already? I did not hear you come in here. Do you want to go right to sleep?"

"No," Cynthia replied. "I am not a bit sleepy. But I thought that you were."

"I am not now," Dora informed her. "And I have put on my heavy wrapper and slippers so that I can sit here and have a comfy talk with you."

This was certainly the time to make her confession, Cynthia realized. There was no way of escaping it. She had hoped that Dora would be so sleepy that she would stay for a chat to-night. That night, at least, had not put off the hour of revelation until to-morrow.

"What had father said and must be?"

"Well," Dora inquired, perching herself upon the bed and taking Cynthia's hand in hers. "Did father have his business talk with you? You poor dear—have been thinking a lot of what you just told me. It's hard, but you mustn't mind. First of all, what did father want to talk to you about?"

About Gerald Stewart
"About Gerald Stewart," Cynthia said.

"The room was dark, for Dora had not turned on the light, so Cynthia could not see her cousin's face. But she felt the fingers holding hers tighten. The voice that answered her statement was tense.

"About Gerald Stewart?" The question was abrupt. "What about him? Was mother there?"

Cynthia did not understand her companion's agitation. In fact, her own embarrassment was so acute that she gave Dora's manner only a passing thought.

"Yes, Aunt Amanda was there at first. Then she went to her own room."

"But what about Gerald Stewart? What did father say about him? What had he been talking to Gerald about?"

Cynthia moistened her lips with her tongue and swallowed hard.

"About me," she said in a low voice.

"About you?" Dora repeated.

"This situation must be ended, and Cynthia made a great effort. "Yes, about me," she affirmed. "He wanted to ask Uncle's permission to marry me."

The truth was out. It seemed to Cynthia as though she had shouted it through the room. The fingers clutching hers loosened and slipped from her grasp. There was a long silence before Dora spoke.

"You must excuse me," she said at last stiffly. "If I am somewhat surprised. But I had no idea that you and Gerald were in love with each other. I congratulate you both."

The voice was so hard that the listener 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.

"Dora," Cynthia began, trying to regain her cousin's hand, "don't speak like that, dear. There was nothing to tell until today 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 sound.

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 time. No woman could help doing that."

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 sure you'll be able to know something about it."

"Yes—you and Milton," Cynthia mused aloud. "So you understand, of course, I will be happy for 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)

Daily Fashion Hint

Prepared Especially For This Newspaper



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 tunic lined with satin. Soutache also trims the waist, which has a square neck and large collar of blue satin. Three-quarter length sleeves are finished with cuffs of satin. In medium size the costume requires 6 1/2 yards 40-inch voile and 2 yards satin.

Pictorial Review Waist No. 7661. Sizes, 34 to 42 inches bust. Price, 27 cents. Skirt No. 7629. Sizes, 24 to 32 inches waist. Price, 25 cents.

Daily Dot Puzzle

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

Can't Find Dandruff

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 hair. After several applications you can't find a particle of dandruff or any falling hair, and the scalp will never itch.

SORE THROAT

Colds, Coughs, Croup and Catarrh Relieved in Two Minutes
Is your throat sore?
Breathe Hyomei.
Have you a cough?
Breathe Hyomei.
Have you a cold?
Breathe Hyomei.

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 breathe it through the little pocket inhaler that comes with each outfit.

A complete outfit costs but little at drug stores for a few cents and saves your throat. After several applications you can't find a particle of dandruff or any falling hair, and the scalp will never itch.

Use McNeil's Pain Exterminator—Ad.

Wheatless Breads

Have you said that you would rather make toast for breakfast than get up a little earlier to make some of these muffins? Do you know that in France there is almost no supply of food ahead and unless we send wheat over there starvation would soon have them in its grasp? Further words from the United States food administration should be unnecessary. Now is your testing time.

Corn Flour and Hominy Muffins
One cup cooked hominy, one teaspoon salt, one and one-half tablespoons shortening, one egg, three-quarter cup milk, two cups corn flour, four teaspoons baking powder.

Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour which has been sifted with baking powder. Beat well and bake in greased muffin tins in hot oven for 25 to 30 minutes.

Cornmeal Muffins
Two cups corn meal, four teaspoons baking powder, one teaspoon salt, two cups sweet milk, one egg (may be omitted), two tablespoons fat.

Mix dry ingredients. Add milk, well beaten egg and melted fat. Beat well. Bake in muffin tins for thirty minutes.

Barley Biscuit Muffins
Two cups barley flour, one-half teaspoon salt, four teaspoons baking powder, three tablespoons fat, one-third cup milk (about).

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed that will fall from the spoon. Drop from a spoon into well greased muffin tins and bake in a hot oven.

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

Plans for the "Going-to-College" dinner to be given at the Technical High School April 19, when the club will have as guests seniors of Tech, Central and Steelton High School, were made by the members. Dr. E. Sparks, president of Penn State College, will be one of the principal speakers.

CHOIRMASTERS TO MEET

Choirmasters of the city will meet this evening in the Chamber of Commerce hall to plan some special work for the Liberty Loan campaign.

Itching Rashes Soothed With Cuticura

All druggists; Soap 25, Ointment 50 & 50, Talcum 50. Sample each free of "Cuticura, Dept. 2, Boston."

Buy Liberty Bonds

Smartest Style Creations of the Season

Suit Sale

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 \$24.95
values to \$22.75 values to \$21.75 values to \$29.75 values to \$32.75

\$29.95 \$32.95 \$47.75
values to \$37.75 values to \$39.75 values to \$59.75

Splendid New Coats

at \$14.75 \$17.75 \$19.75 \$24.75 and \$39.75

Charming New Dresses

at \$10.75 \$14.75 \$19.75 to \$39.75

Ladies Bazaar

8-10-12 S. FOURTH ST.
Harrisburg's Garment Institution

By McManus



THEY'RE HERE AND LOOK WHAT I DID—I DROPPED ME CLOTHES IN THEIR TAR-BARREL.

Itching Rashes Soothed With Cuticura

All druggists; Soap 25, Ointment 50 & 50, Talcum 50. Sample each free of "Cuticura, Dept. 2, Boston."

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