Reading for Women and all the Family



War Time Economy

By Mrs. Kate Brew Vaughn

THE woman of the United States has a mission to perform as has a mission to perform as well as a great saving to effect. The world has looked upon us as a nation of great extravagance, particularly in food, and now that the people of several countries are dependent upon America for food supply and America is dependent largely upon the attitude of the woman for its conservation, we have the opportunity to set the standard, not only of patriotic sacrifice, but to opportunity to set the standard, not only of patriotic sacrifice, but to demonstrate we can keep the wolf from the door and the family at home in excellent condition, thereby relieving the physicians and nurses for duty at the front. To do this requires not only the desire to be patriotic, but a willingness to study the food question as we would be compelled to do in any other branch in which we wished to excel. Do not fall to balance your meals and to do this remember that a balanced meal has a food from each of five groups:

First—Milk, cheese, beans, peas,

Fourth-Wegetables and fruits.
Fifth—Fats, butter, cream, veste table oils and nuts.
You can exchange one food for another in any group, but it is not permissible to exchange a food in one group for a food in another group. For example, cheese and eggs may be used in place of meat, butter, two milk in abundance for growing children, but on to waste a drop. Use it is some way at every meal for children-they need it to enable them to grow strong and keep well and it is excellent for grown people, too. Drink milk hot or cold, use it on cereals, make it into cocoa for children and often into chocolate for adults. Even at a high price, milk is cheap for children's consumption and digestion—one containing twenty per cent, butter fat is ideal—not too lean and not too fat (meaning that if it is too rich in butter fat it is hard to digest). Do not give children to grow a secole to grow a secole to form a taste for them.

Soy bean meal it cap corn meal, 1 cup soy bean mea

Pure Cocoa means

ground cocoa beans

with the surplus cocoa butter removed

-and nothing added.

That's

Lowney's Cocoa.

Bringing Up Father



Copyright, 1918, International News Service



By McManus



this remember that a balance this remember th

"Outwitting the Hun"

By Lieutenant Pat O'Brien

(Copyright, 1918, by Pat Alva O'Brien.)



But to return to my day in Rotterdam

After I was fixed up I returned to the consulate and arrangements were made for my transportation to Ensland at once. Fortunately there was a boat leaving that very night and I was allowed to take passage on it.

Just as we were leaving Rotterdam, the boat I was on rammed our own convoy, one of the destroyers, and injured it so badly that it had to put back to port. It would have been a strange climax to my adventure if the disaster had resulted in the sinking of my boat and I had lost my life while on my way to England after having successfully outwitting the Huns.

But my luck was with me to the last, and while the accident resulted in some delay our boat was not seven which I have not referred to the authorities, and it was very served which I have not referred to to us might be diminished if the Germans knew we were aware of them, but they were all reported to the authorities, and it was very served which I have not referred to to us might be diminished if the greatest value.

One of the most amusing incidents of my return occurred when I called at my bankers in London the reaction from the strain I had been unit of my bankers in London to foommission.

When I arrived in London the reaction from the strain I had been unit of the practice in the Royal Flying when a pilot is reported missance to go through his belong-

Potatoes at Their Best

An old king is said to have tested each cook before hiring him by asking him to boil a potato. Even the best potato can be spoiled by a poor cook. To boil them so that they will be fit for a king drop the uapeeled potatoes into boiling saited water. Cook twenty to thirty minutes. Drain dry at once. The most valuable salts are near the potato skin and are wasted in peeling before cooking.

For Best Mashed Potatoes
Peel the boiled potatoes, mash and beat until very light, adding salt, butter or fat and hot milk. A half cup of milk to six potatoes, If dinner is not ready to serve, pile lightly in a pan and set in oven to brown.

Potato Puffs

2 cups mashed potatoes.
1 cup grated cheese.
2 eggs.
2 cup milk.
1 teaspoon salt.
Add the milk to the potato and beat until thoroughly blended, add the beaten egg and sait, gradually and level and the control of the mand without test-point and the trip, saking damaged and made the trip to testroque death of the cestroque and mande the trip to the testroque destroyed the servicus to schedule time and without testroque testroque the servicus to schedule time and without testroque testroque turther incident, another destroyer and set on turther incident, another destroyer in backer the form the strain I had been under for nearly three months immediately became apparent. My nerves were in such a state that it was absolutely impossible for me to cross the street without being in deadly one to the curb, like an old one.

I stood at the curb, like an old one which we had put out of the cord minster in clodent the trip turther incident, another the stronger in place of the one which we had put out of commission.

When I arrived in London the trade to

Potato Puffs

2 cups mashed potatoes.

1 cup grated cheese,

2 eggs.

½ cup milk.

1 teaspoon salt.

Add the milk to the potato and beat until thoroughly blended, add the beaten egg and salt, gradunlly adding the grated cheese. Bake in greased tins or gameskins in slow oven.

bies.
It was not many days, however, before I regained control of myself and felt in first-class shape.

check over my effects. The list they made and to which they affixed their signatures, as I have previous ly mentioned, is now in my possession.

Sends a Cable to Mother

Pittsburgh Potatoes

1 quart potatoes cut in cubes.

½ lb. cheese.

* can pimentoes.
1 onion.
2 cups white cause.
(Use barley or rice flour for thickening.)
½ teaspoon salt.
Cook potatoes and onions, finely chopped, in boiling water, salted, for five minutes. Add pimentoes cut in small pieces and cook seven minutes, drain, turn into buttered dish and pour over white sauce mixed with cheese and salt. Bake in moderate oven until potatoes are would receive it and the pride she would receive it and the pr

would feel as she exhibited it among her neighbors and friends. I could hear the volley of "I told you so's" that greeted her good tid-

I could hear the volley of "I told you so's" that greeted her good tidings.

"It would take more than the Kaiser to kep Pat in Germany," I could hear one of them saying.

"Knew he'd be back for Christmas anyway," I could hear another remark.

"I had an idea that Pat and his comrades might spend Christmas in Berlin," I could hear another admitting, "but I didn't think any other part of Germany would appeal to him very much."

"Mrs. O'Brien, did Pat write you how many German prisoners he brought back with him?" I could hear still another credulous friend inquiring.

It was all very amusing and gratifying to me and I must confess I felt quite cocky as I walked into the War Department to report.

For the next five days I was kept very busy answering questions put to me by the military authorities regarding what I had observed as to conditions in Germany and behind the lines.

conditions in Germany and behind the lines.

What I reported was taken down by a stenographer and made part of the official records, but I didn't give them my story in narrative form. The information I was able to give was naturally of interest to various branches of the service, and experts in every line of government work took it in turns to question me. One morning would be devoted, for instance, to answering questions of

NO ADVANCE IN PRICE JEURALGIA For quick results rub the Forehead and Temples with ICK'S VAPORUBE 25c-50c-\$1.00

sion and is one of the most treas-ured souvenirs of my adventure. My trunk was sent to Cox & Co. in due course, and now that I was in to you."

you are his lawful representative, or else deliver to us a properly authen-ticated order from him to give them

Washington, May 22.—A

My trunk was sent to Cox & Co. in due course, and now that I was in London, I thought I would, go and claim it.

When I arrived in the bank I applied at the proper window for my mail and trunk.

"Who are you?" I was asked, rather sharply.

"Well, I guess no one has any greater right to Pat O'Brien's effects than I have," I replied, "and I would be obliged to you if you would look than I have," I replied, "and I would be obliged to you if you would look than I have," I replied, "and I would be obliged to you give must be all light, my friend," replied the clerk, "but according to our records Lieutenant O'Brien is a prisoner of war in Germany, and we can't very well turn over his effects to any one else unless either you present proof that he is dead and that.

(To Be Continued.)

Washington, May 22.—A bill authorizing the fourteenth census it all, but quite polite, and I thought I would kild him no more.

"Well, I said, "I can't very well to the House yesterday afternoon by the Census committee. It is estimated that upwards of 100,000 enumerated that

CENSUS IS INTRODUCEL Washington, May 22 .- A bill au-

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

n salt ons Royal Baking Powder

1 cup cooked oatmeal or rolled

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. H, 135 William St., New York

FOOD WILL WIN THE WAR

-for instance this war time dessert is sweetened largely by the preserves you put up last summer

OWNEY'S COCOA

At grocers, in flavor tight tins, 10c to 50c sizes



SUGAR is a vital part of our daily food. Knowing that thousands of women were putting up sweet preserves last summer, Mrs. Knox felt that if she could devise ways of using that "preserve" sugar in connection with other foods, she would be of service not only to the economical housewife but to the nation as well.

The above suggestion is only one of the war-time recipes contained in her new book, 'Food Economy.' There are 137 more, You should have this book. A post card request will bring it to you free if you mention your dealer's name and address.

CHARLES B. KNOX GELATINE CO., INC. 198 Knox Avenue, Johnstown, N. Y.

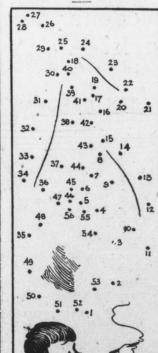




Daily Dot Puzzle

moderate oven until potatoes are

Pittsburgh Potatoes



UNDERTAKER
Chas. H. Mauk
PRIVATE AMBULANCE

Astrich's

308 Market Street

A Sale of High-Class Leghorn Hats An entire New Showing of French models and others

-never shown before-Every Hat represents the last minute ideas in Summer Millinery.

You will find our prices so very much lower that you will wonder how we do it.

SEE OUR WINDOW DISPLAY

of these exquisite Dressy Hats

Leghorn hats come from Italy; had we waited until now to buy them, our price would be at least 40 per cent. higher.

As usual, we got there early. When the streets of Harrisburg were covered with mountains of snow and ice—we placed our orders and to-day you buy Leghorn Hats HERE at less than to-day's importation prices—and our assortment is enormous.

No half-way doing things in this store.