

Reading for Women and all the Family

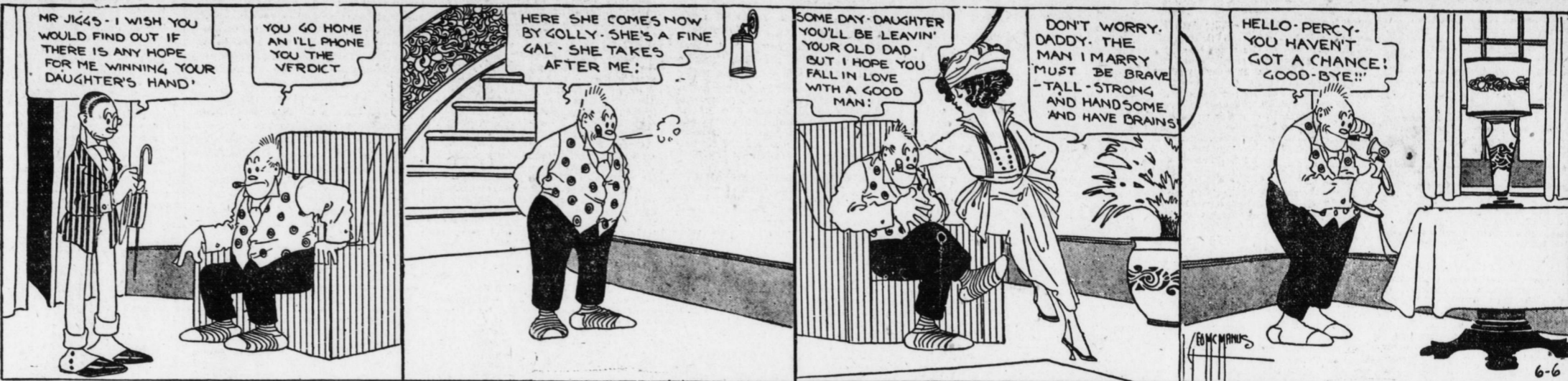


War Time Economy

By Mrs. Kate Brew Vaughn

THE housekeeper is confronted with a most difficult proposition. On the one hand she is asked to reduce her consumption of wheat, meat, sugar and butter, the conservation of these being necessary in order that the government will have at its disposal the required amount of these commodities to send over to the soldiers and citizens of our allies and our own soldier boys doing valiant duty in the European camps and those in the American training camps as well. On the other hand her first duty is to her own family. They must have all the foods they require to keep them in good health and capable of performing efficiently their daily tasks. She has the constantly increasing cost of all foods to take into consideration, and so a revision of receipts and methods has become necessary in order to attain any degree of satisfaction. We are finding that many of the food articles we once thought luxuries have become necessities because the well-known daily foods have become scarcer. We have learned many things during the few months concerning foods—the substitution of rye, cornmeal, buckwheat and soy bean meal for white flour may never have been thought of unless war drove the American women to their use. Peanuts, beans, cheese and cereals have been talked of for years, but we have actually begun to relish them better. Butter, cream and olive oil will never become a real necessity again because we are demonstrating that other vegetable oils can be used with more uniformly good results at a greatly reduced cost. The liberal use of fruits has been productive of a reduced consumption of sugar. We have learned that with the increased cost of eggs, that by increasing the amount of baking powder we might increase the number of eggs in cakes, breads and puddings without an appreciable change in lightness or texture, and that by increasing the baking powder and extracts we make up for the lost flavor of butter or eggs in same. Baking powder and extracts are not expensive and we would not hesitate to use them in lieu of the expensive articles. In the uncertainties of deliveries to-day and scarcity of all foods in the usual form it is wise to keep on hand several dozen cans of milk—condensed milk whenever sugar is to be used and must be economized and evaporated milk for bread, soups, sauces, etc. It is interesting to learn the many uses to which it can be put. To have whipped cream for cocoa, fruit gelatine, ice cream, parfaits, etc., requires not only a quantity of more money than most of us feel inclined to give for this purpose, but it usually requires to be ordered a day ahead. To whip evaporated milk use small or baby cans, shake well and place in saucepan of cold water, which should be allowed to come slowly to boiling point at which time remove from boiling water, shake can vigorously to mix thoroughly fat globules which have

Bringing Up Father



been melted by heating. Chill and beat with egg whisk, sweeten and flavor after whipping.

Potato Cake
 1 1/2 cup granulated sugar
 1/2 cup vegetable oil
 3 eggs
 1 cup hot mashed potatoes
 2 squares melted chocolate
 1/2 cup condensed milk
 1 cup nut meats
 2 cups war flour
 3 teaspoonfuls cream tartar baking powder
 1 teaspoonful cinnamon
 1 teaspoonful vanilla extract
 1 teaspoonful salt

Cream together shortening and sugar, add the beaten eggs, melted chocolate and hot potatoes. Sift dry ingredients, to which add nut meats; alternate with milk until all ingredients have been added, putting in the vanilla last. Bake in two layers, using oiled and floured pans in moderate oven, beginning about 300 degrees, increasing to 400, and decreasing again. Time required, about 30 minutes, or bake in loaf pan, beginning 250 degrees, increasing to 400, and gradually decreasing. Cover with white or chocolate icing.

Oatmeal Coconut Cookies
 1-2 cupful vegetable oil
 1 whole egg
 2 tablespoonfuls vanilla extract
 1 cupful cooked oatmeal
 1 cupful rolled oats
 1 cupful coconut
 2 cupfuls war flour (equal portions buckwheat, cornmeal and wheat flour)

2 1/4 teaspoonfuls mixed spice
 1 cupful raisins or dates
 1 cupful molasses

Cream molasses, oil and egg together. Add the cooked fruit and raw oatmeal and coconut. Stir thoroughly and allow to stand for 20 minutes. Sift together all dry ingredients and knead into first mixture. Drop in baking sheet and bake in moderate oven about 20 minutes.

Strawberry Shortcakes

The new strawberry shortcakes use no wheat. Try them and see if you like them as well as they did in the experimental kitchen of the United States Food Administration. Of course these shortcakes can be used for other fruits as well as strawberries.

MEASUREMENTS ARE LEVEL

Corn Flour Shortcake
 2-2 1/2 cups cornflour, 6 teaspoon baking powder, 1 teaspoon salt, 1 tablespoon sugar, 6 to 8 tablespoons fat, 1 cup liquid.

Rice Flour Shortcake
 2-1 1/4 cups rice flour, 6 teaspoon baking powder, 1 teaspoon salt, 1 tablespoon sugar, 6 to 8 tablespoons fat, 1 cup liquid.

Barley Shortcake
 4 cups barley flour, 6 teaspoon baking powder, 1 teaspoon salt, 1 tablespoon sugar, 4 to 6 tablespoons fat, 1 cup liquid.

Corn-Ground Rolled Oats Shortcake
 1-1 1/2 cups cornflour, 1-1 1/2 cups ground rolled oats, 6 teaspoon baking powder, 1 teaspoon salt, 1 tablespoon sugar, 4 tablespoons fat, 1 cup liquid.

Dangerous Curve at Approach to Mulberry Street Bridge to Go

Highway Commissioner W. H. Lynch in discussing street repair plans for the summer months said he is preparing to complete the improvement at Fourth and Chestnut streets at the approach to the Mulberry street bridge in the early fall. Extensive building operations are under way there and as soon as these near completion the curbing on the south side of Chestnut street from Fourth street to a point 105 feet west, will be moved back so that the highway can be widened to 80 feet. The dangerous curve at this approach will be eliminated by the improvement.

At present the highway forces are busy repairing North Third street from Maclay street south. As soon as this work is completed the men will finish the improvements and repairs which are now under way in Market Square where new tracks are being laid by the Harrisburg Railways Company. In a few weeks the paving of Derry street from Cameron street to Sylvan Terrace will be started.

Ex-Governor Hanley Will Speak at Stevens Church

Ex-Governor Frank J. Hanley, of Indiana, who has taken an active part throughout the nation in the interest of prohibition, will speak to-night at a civic mass meeting to be held in the Stevens Memorial Church. His address will be given

RED CROSS HAD BUSY MONTH

A total of 31,974 pieces of work were finished by local Red Cross workers during the past month, it was announced yesterday. Special

RULE ON WAR MAIL

An order has been received from the Third Assistant Postmaster General by local postal authorities explaining that in restricting the mail-

ing of parcels to the American Expeditionary Forces only such articles as are being sent at the request of the addressee approved by his regimental commander can be accepted and that by the term "regimental commander" an officer in command of a regiment or a separate battalion or similar separate unit is referred to.

Condiments

A trained home economics person recently expressed surprise that any housewife should not know what a condiment is. As a matter of fact few laymen do know exactly what this word means.

The dictionary definition reads: "A sauce, relish, spice or the like used to season or give relish to food." Condiments are largely aromatic fruits, seeds and leaves containing volatile oils. The term, however, is usually applied to sauce or appetizers containing those ingredients such as horse-radish, chili sauce, Worcestershire ketchup, etc. These have a real value in the diet because of their mineral salts and because they stimulate the flow of the digestive juices. They should never be used, however, to disguise poorly prepared food or to stimulate a false appetite.

In these days of food substitutes, condiments have a real part to play. They can help make palatable the cheaper cuts of meat and they can add flavor to fish or oysters.

Every war garden has its full quota of tomato plants. The following receipt for chili sauce will take care of some of the surplus tomatoes:

Scald and peel twenty-four ripe tomatoes; chop these up with two red peppers, two green peppers and two large onions. Put into an enameled saucepan and add the following:

4 cupfuls of vinegar, 1-1 1/2 cupfuls of brown sugar, 2 tablespoonfuls of salt, 2 tablespoonfuls of whole allspice, 2 teaspoonfuls of ground ginger, 2 tablespoonfuls of whole clove, 2 teaspoonfuls of cinnamon, 2 teaspoonfuls of ground nutmeg.

Cook until the sauce begins to thicken and the onions are well tender; this should not take over an hour. Remove from stove. Put the chili sauce into jars and seal while hot.

MOTOR TO CITY

Members of the 1918 class of the Elizabethville High school motored to the city to-day with County Recorder James E. Lentz to spend the day. They returned home this evening. In the class are Misses Irene Lentz, Dorothy Margerum, Florence Whitman, Amy Swab, Elma Moyer, Hannah Zerling and Erma Stroup.

STATE MOVES TO PROTECT PEOPLE

[Continued from First Page.]

ing the appointment said that he expected other states to take similar action. He said that he had been in correspondence with Governor S. W. McCall, of Massachusetts and was in communication with other states.

The commission made an appropriation of \$75,000 for the boys' farm labor camps of the Public Safety Committee. The original appropriation was to care for 1,200 boys, but there are now 3,000 and more are expected very soon with more to follow. There are now eleven camps, eight being in vicinity of Philadelphia and others in Luzerne, Crawford and Montour counties, while boys are on farms in other counties. The commission will visit the big boys' training camp at State College, which has been inspected by government officials.

The commission made an allowance of \$68,750 per month for June, July and August for the expenses of the Public Safety Committee, to be divided monthly as follows: Administration, \$8,000; publicity, \$4,000; allied bodies, \$500; civic relief, \$1,500; food conservation work, \$15,000; civilian service and labor, \$25,000; volunteer police, \$1,500; women's work, \$750; county committees' expenses, \$12,000; medical sanitation and hospitals, \$500.

Arrangements were also made for extension of the work of the speakers bureau which has been doing effective work especially among aliens.

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BACK and FRONT LACE

Hips, bust and abdomen reduced 1 to 5 inches, you look 10 to 20 pounds lighter.

You are no longer STOUT, you can wear more fashionable styles; and you get Satisfaction and Value at most moderate price. You never wore more comfortable or "easy feeling" corsets.

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give the "new-form" the figure vogue of the moment. Inexpensive, fast, less fitting. Unequaled for Comfort, Wear and shape-moulding. \$1. to \$3.50

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WESTINGHOUSE FANS

All sizes and designs. Stock now complete. Place your order while you can get them.

Large stock of electric cooking appliances and electric irons.

Dauphin Electrical Supplies Co.
 434 Market St., Harrisburg, Pa.

Whole German Families Wiped Out in the War

By Associated Press

Berne, Wednesday, June 5.—As bearing upon the war losses of some German families a statement made to-day to The Associated Press correspondent by a German woman now in Berne, is interesting.

"Twenty-five of my relatives have been killed, five are invalids, and only two are left unharmed out of thirty-two engaged in the war," said this woman, whose husband was killed on the German front near Arras. "My uncle," she continued, "sent seven sons into the war and six of them were killed within two months."

Gray Hair Hays Hair Health

A very meritorious preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hair dressing. Is not a dye. Generous sized bottles at all dealers, ready to use when you get it. PHILLO HAY CO., Newark, N. J.

BOWMAN'S 47th Anniversary Sale

See Pages 2 and 3

An Appreciation

Tonight the parade at 7.45 with the Municipal Band, followed by the concert and reception at the plant, and the souvenirs, tickets for which may be procured from "your store" when you are buying Monito Hose—bring Monito Week to a close.

We want to take occasion to express our sincere appreciation and earnest thanks to the merchants, through whose assistance it has been possible. And to the public, by whose support and good will we measure our success. And to our employes, upon whose loyalty and sincerity we have been enabled to establish the highest standard known to the Hosiery business.

We believe now at the end of this celebration week we all know each other better; appreciate each other more. That you realize in Monito Hose a factor which is helping to upbuild Harrisburg, even as we gain a stimulus for greater endeavor through your approbation.

But we cannot let this week pass into history without a word of praise and personal appreciation of our force—those men and women who in putting their heart and soul into their work have made Monito Hose the best Hose. It has been our aim to bring into the workshop the atmosphere of true friendship. We have tried to make our employes feel that the envelope on Saturday doesn't constitute all our regard for their welfare; but that by environment and pastime; by factory conditions and personal interest we have a keen interest for their health and happiness, and that the one requisite for employment here has been, is and always will be—earnestness, sincerity, loyalty.

We thank you, neighbors. We thank you, merchants. We thank you, employes.

Moorhead Knitting Company
 Incorporated
 Walnut and Cameron Streets, Harrisburg, Pa.

Parade Will Start at 7.45 at Front and State Streets, then to Market to Cameron to the Mill