



Reading for women and all the family



How to Conserve

Canning and Packing For Winter's Use Explained in Detail by National War Garden Experts

PROCESSING

"Processing" is the final application of heat to sterilize the products which are packed in sealed jars. Processing is done in boiling water, steam or steam under pressure, and continued for a period determined by the character of the product and the kind of apparatus used. The time is longer when boiling water is used. Under steam pressure, harmful organisms are destroyed in a much shorter time because of the high temperature. The National War Garden Commission, Washington, will mail to you a free canning manual upon request, for a 2-cent stamp to cover postage.

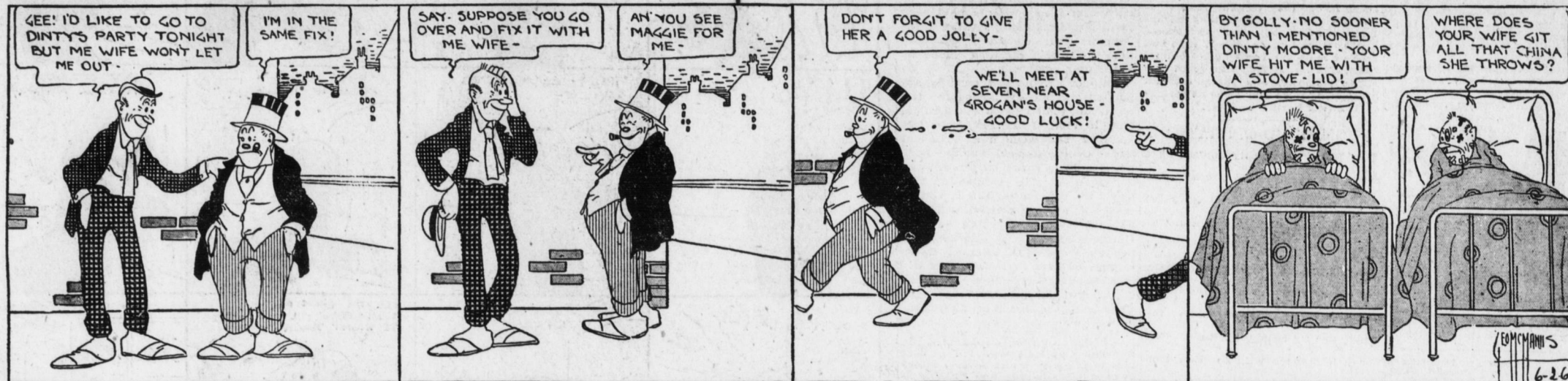
Before starting actual canning work everything needed should be at hand and in order. If using the hot water bath outfit, the boiler on the stove one-half to three-quarters of an hour before it will be required. In it there should be an open false bottom, raise one inch, and the amount of water needed should be poured in and heated. The jars should be placed in the processing vessel as soon as filled. The hot water bath should be really hot and at the boiling point when the first jar is put in. By the time the last jar enters the water should be nearly back to the boiling point again. Avoid putting jars into cold or warm water after filling them, and letting them stand in the bath while the water is getting hot. The water should be one inch over the top of the jars.

Note the time when the water begins to boil and keep it boiling continuously during the full period, then remove the jars at once. If the sterilizer cover does not fit snugly, place a towel over the top of boiler or bucket and press the cover down over it. If the processing is done in a steam pressure outfit, put water in the bottom of the canner according to directions, set the jars in place and adjust the lid. Clamp this on and close the pet cock. When the steam gage registers the right pressure, notice the time and keep the temperature even during the processing period. When this is over,

PERFECT WOMANHOOD

Perfect womanhood depends on perfect health. Beauty and a good disposition both vanish before pain and suffering. A great menace to a woman's happiness in life is the suffering that comes from some functional derangement which soon develops headaches, backache, nervousness and "the blues." For such suffering, women find help in that famous old root and herb remedy, Lydia E. Pinkham's Vegetable Compound, which for three generations has been restoring health to women of America.

Bringing Up Father



wait until the gage registers zero before opening the pet cock and unfasten the cover. All jars should have their seals made tight at once when removed from canner. Keep accurately both time and required temperatures, and thus avoid failures. The commission will gladly answer any questions written on one side of the paper and sent in a self-addressed stamped envelope.

Loysville Orphans Band to Give Park Concert

The Loysville Orphan band will give concerts to-morrow afternoon and evening at Reservoir Park, it was announced by officials of the City Park Department. The Lutheran Brotherhood, of the city and nearby towns, will meet for an annual reunion at the park to-morrow. The Loysville band, a fifty-five-piece organization, directed by Claude M. Stouffer, has been secured to furnish music for the day, and has volunteered its services for the concert. Various games and other sports will be enjoyed in the morning.

POLICE RECOVER MUCH

The report of the police department for the first six months of the year show that out of stolen articles valued at \$22,886, all but \$28,500 worth have been recovered. Two automobiles valued at \$225 each were among the unrecovered articles. There were 1,107 arrests and 589 patrol calls.

THE PLOTTERS

A New Serial of East and West

By Virginia Terhune Van de Water

(Copyright, 1918, by Star Co.)

DURING THE NIGHT following his talk with John Butler, early in the morning a messenger brought him a note that Butler had written before retiring, thus setting at defiance the rules of the "Rest Cure."

"The more I think of that job on the farm the more I want to tackle it," the note ran. "I'll tell mother I don't want any pay for my work. The experience is what I'm after. It's a chance to practice the study I've specialized on. If mother will please, as usual, my ill health, try to talk her around. I know I'm a disgusting invalid, but I'm not a dead one—yet."

Dr. Wade had intended to call upon Mrs. Butler today, but the lady herself appeared at his office soon after 10:30. "I waited until your office hours were over," she announced. "Are your patients all gone?" Wade restrained a wild inclination to laugh. "I see no patients here after ten-thirty," he said. "Can you give me a few moments before going out on your calls?" the widow asked.

"I shall not go out before eleven o'clock," he replied. "Well—I want to ask you about this crazy notion that John has mentioned. Tell me what it is all about. Douglas had anticipated this demand, and in the silent midnight watches had thought out his rejoinder. Gently and tactfully, he explained the situation, prefacing the explanation by the statement that he had specialized in nervousness diseases at a famous French university, so was more than casually interested in John Butler's case. What John needed was complete change of scene and thought, an abundance of outdoor work and an absorbing interest. Would Mrs. Wade trust her son to the care of a man of whom she knew very little?"

All the way through the conversation the young physician was careful not to suggest that a large part of the patient's troubles were due to too assiduous maternal attention. Yet he did intimate that John would be better off "where he could get away from his mother with every complaint."

She Finally Consents Mrs. Wade listened eagerly to Wade's proposal that the invalid be allowed to spend the Summer on the Wade farm in New Hampshire. When at last she spoke her voice trembled. "I should like to send my boy from me," she said, "and yet I have taken him to so many physicians and have done so many things for him—and all in vain—that I am at my wit's end. It does seem cruel that a woman with as much money as I have cannot save her only son from what threatens to be a complete and permanent breakdown."

"You can save him from that, I really believe," her companion reassured her. Will you trust him to me?" She arose impulsively, and the man rose, too. Holding out both hands to him, she looked straight into his eyes. "Dr. Wade, if you can save my boy, if you can prevent his becoming the wreck that I dread, I will pay you any sum you name, and will always be your friend."

Douglas Wade smiled down at her kindly. "I will do my best," he promised, "and we will not talk of money until we see the result of my efforts. But I must ask you to leave your boy completely to me and not interfere, even if you think I am permitting him to bury his genius in the wilds of New England."

"Oh, I will promise anything you ask," she said. "But it is very hard on me."

"I know it," the man sympathized. "But the game is worth the candle." During his solitary office-hours that afternoon, Douglas Wade wrote a long letter to his sister.

He reminded her that she had expressed the wish that she could do something—anything—to help him. He was about to give her an opportunity to prove the sincerity of that wish. She had told him she had a talent for dramatics. Then she might act a part for him and follow the instructions which he would now give her—although to do this would mean much thought and not a little tact.

Many Directions Then there came several pages of large letter paper filled with directions as to the course she was to pursue. The writer went into full particulars on the nervous condition of his patient, and on the proposed plan of curative treatment. "I must have a clever and interested person on the ground to see that my orders are carried out," he explained. "Will you do all that I ask?" Let Chapter in his wife know that Butler is a farming expert—that is all. You can say that he has not been well, and is combining business and recreation by spending the summer on my farm. Make them understand that you do not wish your identity known to this man. Let them think that I am paying him for his valuable advice and assistance. Telegraph me at once and tell me if you understand my scheme and if you agree to it.

A special delivery stamp was put on the letter, and Douglas Wade sallied forth at sunset to mail it. For the next three days he found it hard to conceal his nervousness. When at last his sister's telegram arrived, his hands trembled as he opened it.

"Will do what you direct," he read. "Thanks for chance. Am writing."

The man laughed tremulously as he re-read the message. "Just ten words!" he exclaimed approvingly. "Even in her excitement, Elizabeth is business-like and economical. Between us, we'll see this thing through."

Three days later her letter came, approving of his action and promising her hearty co-operation. By the time the letter had arrived, John Butler's plans for departure from Riverhill were completed, and he was ready to take the next train to the East and to the New Hampshire farm. To Be Continued.

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By McManu

FASHION'S FORECAST

(By Annabel Worthington)



This comfortable bathrobe for the man of the house may be made of a robe blanket measuring 72 by 80 inches, or if preferred, terry cloth or Japanese cotton crepe will be more satisfactory for the warm weather. The robe is double-breasted and the fronts may be rolled back to form reverses, or buttoned high with the collar rolled over, as shown in the small view. There is an inverted plait at the centre back to give extra fullness. The robe is held in place by a cord girdle. Conveniently large pockets of the flannel material are stitched at the sides.

The man's bathrobe pattern No. 8850 is cut in three sizes—36, 40 and 44 inches breast measure. Made of material the 36 inch size requires 6 yards 3/8 inch, or 3 1/2 yards 5/8 inch, or any size requires one blanket 72 by 80 inches. Price cents.

This pattern will be mailed to any address upon receipt of 12 cents in stamps. Address your letter to Fashion Department, Telegraph, Harrisburg, Pa.

What Are You Doing About It?

If a list were made of all those in Europe who have died in action and another of those who have died from starvation, the latter would be the longer.

Think of it! 500,000 more have died from famine than have died on the battlefield. The total number of those who have been killed in fighting is 4,250,000. The total number of those who have died from starvation is 4,750,000.

Can we grasp the tragedy in these figures? Over four and a half million of old men and women, young mothers, girls and boys and babies, have been sacrificed to the War-God without even the privilege of leaving behind the honored memory of those who die in glorious service on the battlefield. They have died in silent anguish, unknown and unsung.

Perhaps the memory of their deaths would not forever all us with horror if we could convince ourselves that those who have died from starvation have not died in vain, that by their sacrifice they have pushed the Allies a little nearer victory. The loss of these lives will have been appallingly useless unless their deaths shall serve as a spur for us to redouble our efforts in food conservation and save the remaining millions in Europe who turn to us each day, pleading, "Give us this day our daily bread."

What are you doing to prevent the further sacrifice of human lives from starvation? Are you: (1) Going wheatless until the next harvest?

(2) Raising and planting to can enough vegetables and fruit for your own needs this summer and next winter? (3) Reducing your consumption of sugar to a minimum by using honey and syrups whenever possible? (4) Making the smallest

Advertisement for 'Don't be Ashamed of Your Garbage Can' featuring an ACME Lime can. Text: 'YOU can easily keep it as odorless and sanitary as a cooking dish with a little ACME LIME. Sprinkled in empty can and on garbage it disinfects and deodorizes and prevents the breeding of disease germs. At all good grocers and drug stores—15 cents. The Mendleson Corporation, New York City.'

Daily Dot Puzzles

A grid of numbers for a dot puzzle. Numbers include 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 35.

How old am I? Draw from one to two and so on to the end.

amounts of meat and fats go the longest way? (5) Preaching and practicing food conservation whenever possible?

ENSIGN ENCOUNTERS STORM Ensign Leroy E. Spucker, son of the Rev. Dr. Clayton Smucker, 1911 Vernon street, recently had the thrilling experience of being in charge of a submarine chaser during a five days' storm in European waters. He had previously been in charge of the vessel in the journey across the Atlantic.

UPPER END DRAFTS MEN PASS THROUGH CITY

Seventeen draftees, sent out by County Draft Board No. 3, at Elizabethtown, arrived safely at Camp Lee, Petersburg, Va., this morning. The men left Elizabethtown yesterday afternoon and took their supper in Harrisburg. They had originally been scheduled to leave for camp with the 214 Harrisburg men on Monday.

Just One Application and the Hairs Vanish

(Toilet Talks)

Any woman can keep her skin free from unsightly hair or fuzz if she will follow these simple instructions. When hairy growths appear, apply a simple paste, made by mixing some water with powdered deLatoine. Apply this to hairy surface and after 2 or 3 minutes rub off with the skin and the hairs are gone. This is a harmless treatment, but be sure you get the real deLatoine.

After Taking Tonal

He Feels Similar to the Name of the Town in Which He Lives, SPRY

"My general constitution was run down to such an extent that I could not rest, due to stomach trouble and asthma," says W. S. Burns, of Spry R. F. D. No. 6, York, Pa. "I was growing weaker every day, and I was so short of breath and my heart would palpitate dreadfully after the least exertion. I was so nervous and what little I did eat did not appear to give me any strength. I had tried several different kinds of medicine, but found no relief until I began to take Tonal, which was recommended to me. I tell you Tonal has done wonders for me. I am now taking the third bottle and I feel so much relieved. My nerves are in good shape and the palpitation of my heart does not bother me like it did, and I am not so short of breath, either. I can eat, well and sleep soundly and in every respect I feel like a different person. I can certainly recommend Tonal."

The above testimonial was given April 17, 1918. Tonal is sold at Gorgas' Drug Store, Harrisburg and Hershey Drug Store, Hershey.

Much Good Food is Spoiled in the Cooking

Mazola—the Oil for Cooking and Salads—Turns the Ordinary Meal into a Delicious Feast

If you would have light, flaky pastries, crisp and easily digested fried potatoes, fish, crullers and doughnuts, use Mazola for deep frying, sauteing, shortening.

Mazola opens up a new field of cooking for the thrifty housewife. Coming from a wholesome, edible source (Indian Corn) it is the ideal vegetable oil.

And since it does not burn as easily as butter, lard or suet, there is not nearly so much danger of spoiling the foods cooked in it.

More economical, too, as it does not carry the odor or flavor of one food to another—can be used over and over again.

Mazola also has a delicacy of flavor which improves salad dressings. You will find it easier to mix than olive oil, too.

For sale in pints, quarts, half gallons and gallons. For greater economy buy the large sizes.

There is a valuable Cook Book for Mazola users! It shows you how to fry, saute, make dressings and sauces more delicious, make light, digestible pastry. Should be in every home. Send for it or ask your grocer. FREE.

CORN PRODUCTS REFINING COMPANY P. O. Box 161, New York

Selling Representatives NATIONAL STARCH CO. 135 South 2nd Street, Philadelphia, Pa.



Raised Potato Cakes

2 cups mashed potatoes
2 cups flour
1 tablespoon Maizena
1/2 teaspoon salt
Mix flour, potatoes, Mazola and salt, and add milk enough to make batter as for griddle cakes. Dissolve yeast cake in 1/4 cup water, add to batter, stir in. Set to rise. When light add 1/2 teaspoon soda dissolved in tablespoon warm water. Bake in muffin tin.



ONE PINT
MAZOLA
REG. U.S. PAT. OFF.
A PURE SALAD AND COOKING OIL

CORN PRODUCTS REFINING CO. GEN'L OFFICES NEW YORK, U.S.A.

KAUFMAN'S MARKET SQUARE UNDERSELLING STORE TOMORROW, THURSDAY The First Half-Holiday of the Season Our Store Closes 12 O'clock Noon DO YOUR SHOPPING IN THE MORNING We Have Assembled a Number of Excellent Values to Make Early Shopping Worth While REMEMBER—Store Closes Thursdays at 12 Noon ANNOUNCEMENT Read This Paper Tomorrow For Our Wonderful Sale Of Beautiful Summer Shirtwaists and Smart Wash Skirts Sale Will Start Friday Next Full Particulars in This Paper Tomorrow STORE OPENS 8:30 A. M.—CLOSES 5:30 P. M.