

Reading for Women and all the Family



How to Conserve Canning and Packing For Win-ter's Use Explained in Detail by National War Garden Experts

The reward for past labors and th pleasure of working out a process to comes to the housewife when she takes her dried products to prepare for table use in the winter Send to the National War Garden Commission, Washington, for a free drying manual, which will be sent you upon request. Enclose a 2-cent stamp to cover postage. It should be remembered that the amount of water dried out of vegetables or fruit must be largely restored before they are in proper condition for cooking This takes time.

As a general rule, the longer the time required for drying, the longer the time necessary to restore the moisture content. This is done by oaking in cold water. The soaking products should be kept in a cool Fruits may be soaked over-

some water. This water in which the products have been soaked contents some of the mineral salts the of the juices, and is therefore value.

Avoid over-soaking. Dried, sliced test, if soaked too long, lose their declor and good flavor. Soaking or two hours (two parts water to the part beet) should be enough, or is another product which should be oversoaked. Four hours is sually enough, It is not necessary soak until products are fully related to the part of the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to the paper and soak until products are fully related to pour hot water over them and cook at once.

When cooking in a covered vessel. The casserole is to be especially recompleted to rruits. The Commission will be glad to anwer any questions witten on one side of the paper and the pa

Elastine-

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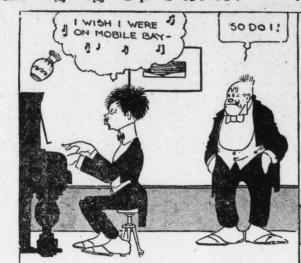
Bringing Up Father



Copyright, 1918, International News Service



By McManus



YOU'LL PARDON ME -MR. JIGGS FOR LEAVING THE I WOULDN'T BLAME YOU IF YOU HAD LEFT ROOM WHILE THAT FELLOW WAS SINGING BUT I SINGING BUT I CAN'T THE VILLAGE.

M GOIN' TO SEND HIM TO EUROPE TO HAVE HIS VOICE CULTIVATED!



:-:



water as dried product and cook in the same water. This water in which sorb moisture while cooking. It is

could but be convinced of it, may be for the time being essential for the Allies and our soldiers abroad. Now habit and tradition have long since fixed wheat, and especially wheat in the form of bread, as an essential in the world's diet. We have been taught to pray for our daily bread. We have learned from the cradle up that bread is the staff of

> Not only the loaf, but the actual wheat in the loaf, has become a symbol of bodily sustenance.

Wheat Essential

food program. The very thing that

be nonessential for us, if we

But wheat is not indispensable to the human diet. It is an acquired luxury. Its use is solely a matter of taste, of comfort and convenience. Until the latter part, of the seven-teenth century barley was in greatest use and it was a half century nore before even fifty per cent of wheat flour was used.

There is no denying the fact that read made from all wheat is finer and softer and perhaps more palat-But the fact also remains that

Woodmen Close Sessions by Election of Officers

The delegates to the first annual convention and school of instruction of the Pennsylvania Association of Modern Woodmen Deputies ended its two sessions in the Bolton House, North Market Square last evening, after listening to an address by State Medical Director Dr. Samuel F. Hagsler, on "The Most Common Causes For Rejection of Applicants." The address will be printed and distributed among the deputies of the order. It was decided that in the future the conclave would be known as the Modern Woodmen Deputies of Pennsylvania, and that Labor Day and the day following would be the time for the 1919 convention. No place for the convention was designated.

Officers for the year were chosen as follows: President, J. W. Babcock, of Bradford; secretary, I. W. Eaches, of Reading; constitutional committee, Harry Herbst, of Bethlehem; H. S. Baker, of Allentown and John Reager, of Hummelstown.

Heal Itching Skins With Cuticura fruggists: Scap 25, Cintment 25 & 50, Talcum 2 ple each free of "Cutieura, Dept. E, Besten."

FASHION'S FORECAST

(By Annabel Worthington)

Styles may come and styles may go, but the popularity of the two piece skirt seems to go on forever. Of course the width changes in accordance with the trend of fashion from time to time, and variations are introduced in the way of pockets and belts, but the fitted front gore and the gathered back gore remain unchanged. No. 8883 is an example of this type of skirt. The small fancy pockets are lined with a contrasting color and slashed and turned outward to show the lining. A narrow belt of the material is worn with the skirt. The waist line is slightly raised. The lady's and miss' skirt pattern No

8883 is cut in six sizes, 16, 18 years and 26 to 32 inches waist measure. The 26 inch size as on the figure requires 21/8 yards of 54 inch material, with 31/2 yards braid and ¼ yard of 12 inch contrasting material. Price cents



This pattern will be mailed to any address upon receipt of 12 cents tamps. Address your letter to Fashion Department, Telegraph, Har-

Advice to the Lovelorn

BY BEATRICE FAIRFAX A BIT FORWARD

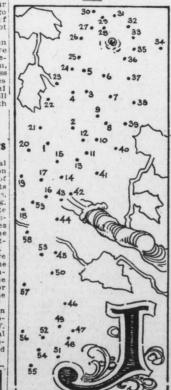
able. But the fact also remains that it possesses no nutritional quality not contained in the substitute cereals such as oats, corn and rice contains neither more nor better protein, fat or mineral salts.

Although it is more difficult to give up luxuries than to acquire the taste for them, the American people are gradually cutting off luxuries, or nonessentials, whether they be food or something else so that the winning of this war may not be unnecessarily delayed.

That is the one question we should ask ourselves before our every act. Will it help or hinder the winning of the war?

Upon the answer shall depend whether a certain commodity be manufactured or not; whether a certain food shall be eaten or its consumption curtailed or cut off entirely.

The American people are now fac-



dignity and make a point of not being a nuisance or intruding where I was

a nulsance or intruding where I was unwelcome.

ELECTRICITY INDUCING RAIN
In Australia experiments are being carried out 'down under" with one ing to a Sydney newspaper, carried out down under" with one ing to a Sydney newspaper, carried out down under" with one ing to a Sydney newspaper, carried out down under with the carries are according to a Sydney newspaper, carried out down under with the carries are according to a Sydney newspaper, carried out down under with the carries are according to the state of the content of the content of the carried as conductors of the inventor, Mr. Balsilli, that in fine weather there is the effects of mountains on rainfall, and came to the conclusion that hills active as conductors of the negative electrical plants the same advantages as retigands a state of the content of the content of the content of the carried as conductors of the negative electricity to the higher regions of the air. His rainmaking plant now consists of a set of two or tree kites, which are let up on galvanized flexible wire to an altitude of 4,000 and 6,000 feet. The negative current is taken from the earth by means of a terminal, whih is well grounded. Of course, the first essential in the business is the content of the content of the boy YOU have sent "over there?"

Many Attend Biennial Conference of the C. E.

Allentown, Pa., July 11.—Many Endeavorers are attending the bi-number of the Satern district convention which is in session at the St. Tadeavorers are attending the bi-number of the sate of the C. E.

Allentown, Pa., July 11.—Many Endeavorers are attending the bi-number of the Satern district convention which is in session at the St. Tadeavor Union executive committee the and the Eastern district convention which is in session at the St. Tadeavor Union executive committee the and the Eastern district convention which is in session at the St. Tadeavor Union executive committee the and the Eastern district convention which is in session at the St. State Superintendent. State President Published

off.

Of course, I think you are both young for marriage and can well afford to wait several years. About that you are right on general principles, and may be wrong in your particular case, since perhaps you are both mature enough and sure enough of each other to marry in a year or two. But your argument that you must not marry while your bother is in service on the other side is all wrong. He may be in France for many years —stationed the for duty after the war is over. It is for duty after the war is over. It is for duty after the year is over. It is for duty after the year is over. It is for duty after the that he will fall in love and marry some girl "over the love and marry some girl "over the love and marry to postpone your wedding until his return is a romantic idea that does credit to your sisterly affection. But it isn't practical, and I am sure your brother would not feel that you owed him this.

COLD PACK METHOD IN 12 SHORT STEPS



Another form of blanching is by use of a piece of cheesecloth to hold vegetables or fruits while they are dipped into hot water, says the National War Garden Commission. A two-cent stamp to the Commission at Washington will bring you the free canning book. Watch for step No. 4.

The Best Fed Or the Worst?

There are no harder working men in the world than soldiers and sailors. There is no more strenuous life than theirs. No others know their long hours in cold and in heat, in rain and in wind, in mud and in snow. No others know the physical tension under which they work.

If we want the sturdy, sun-browned lads we are sending away to lead this strenuous life in France to return to us still strong and clean limbed, we must see to it that they have the best of food in the world.

Were it possible for them to come back to their own homes three times a day for their meals how gladly would every mother and sister and wife scrimp and save, if necessary, to give them the very best food obtainable.

But this is impossible. Over 3. in the world than soldiers and sail-

tainable.

But this is impossible. Over 3,000 miles separate these boys in But this is impossible. Over 3,000 miles separate these boys in
Europe from their home tables. They
must eat at the table Uncle Sam
spreads for them in Europe. And
our job, since we cannot keep food
for them in our own pantry, is to
save food for them in Uncle Sam's
pantry.

pantry.

The foods soldiers and sailors most need in abundance are wheat, meat, fats and sugar. Uncle Sam has not enough of these foods in his pantry for both his fighters and us. Unless we at home give up our use of wheat, meat, fats and sugar to a great-extent, the American fighters will be poorly fed.

Are you willing that this should be true of the boy YOU have sent "over there?"

s we were friends he would not sumption curtailed or cut off children and the sumption cut of the sumption cut of children and the sumption cut off children and the sumption cut of the sumption cut of children and sumption cut off children and the sumption cut of children and sumption cut off children and

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Think This Over Seriously!



"Reformed Church Messenger," and with railroad and bridge engineers the election of state officers and de- to meet Arnold W. Brunner, for dispartment superintendents. cussion of the State street bridge project. He will discuss the matter Shreiner Going to

Meet Brunner Soon
George A. Shreiner, Superintendent of Public Grounds and Buildings, left

project. He will discuss the matter with state and city officials next week.
The board did not approve any tentative plans yesterday. The general scheme was adopted some time ago and there was merely a discussion of certain lines yesterday. of Public Grounds and Buildings, left

to-day for New York, in company Use McNeil's Cold Tablets. - Adv

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bags. Popular with housewives for its fine flavor and economical





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