



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

The reward for past labors and the pleasure of working out a process to the finish 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 soaking in cold water. The soaking products should be kept in a cool place. Fruits may be soaked overnight.

Allow three to four times as much water as dried product and cook in the same water. This water in which the products have been soaked contains some of the mineral salts and some of the juices, and is therefore of value.

Avoid over-soaking. Dried, sliced beets, if soaked too long, lose their red color and good flavor. Soaking for two hours (two parts water to one part beets) should be enough. Corn is another product which should not be over-soaked. Four hours is usually enough. It is not necessary to soak until products are fully re-

Bringing Up Father



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By McManus

When cooking dried vegetables or fruits a better flavor is secured by cooking in a covered vessel. The casserole is to be especially recommended for fruits. The Commission will be glad to answer any questions written on one side of the paper and sent in a self-addressed stamped envelope.

Wheat Essential Or Non-Essential?

There is a need of deciding what are essentials and what are less or nonessentials in foodstuffs during the war. It is the work of the United States Food Administration to say before the public a safe and sane food program. The very thing that may be nonessential for us, if we could 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 life.

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

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 seventeenth century barley was in greatest use and it was a half century more before even fifty per cent of wheat flour was used.

There is no denying the fact that bread made from all wheat is finer and softer and perhaps more palatable. 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?

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

The American people are now facing the wheat question. It is essential to us? Is it nonessential to us and essential to the Allies?

We have already shown that from a nutritional standpoint it is not vital to the diet. Let us now consider in what measure it is essential to those to whom we are asked to send it.

"They are only people, like ourselves," you say, "and if we can exist without it, so can they." This is not true if they had an equal chance at the wheat substitutes. But there is the rub. In the first place, they use infinitely more bread in their diet than we do, and they haven't the facilities for home baking that we have. Wheat is the most convenient grain for us to ship and for them to handle. They are too exhausted and spent with four years of war to make radical changes in their food habits and methods of preparing food, and we should not ask them to.

Americans have scarcely begun their sacrifices. They still have plenty of time and strength to readjust their food habits, let them, then, be prudent and happy to class wheat as nonessential for themselves and gladly empty their national bins for those to whom wheat is still an essential for military strength and civilian morale.

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. Haessler, on "The Most Common Causes For Rejection of Applicants."

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

FASHION'S FORECAST

(By Annabel Worthington)

Styles may come and styles may go, but the splendor 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 and the gathered back here 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 waistline 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 2 1/4 yards of 54 inch material, with 3/4 yard braid and 1/4 yard of 12 inch contrasting material. 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.



8883

Advice to the Lovelorn

BY BEATRICE FAIRFAX

A BIT FORWARD
DEAR MISS FAIRFAX:
I am 19 and a man about six years my senior and myself have been very good friends for the past three years. On several occasions I have invited this young man to call. This has caused a great deal of discussion. He maintains it is not proper for a girl to ask young men to come to see her, claiming that a man feels inclined to help her and she would not mind, but he was very angry about it for a long time.

After you had once offered this young man the hospitality of your home it would have been in better taste and more conventional for you to let him ask to call. As for your suggesting that he take you to the theater, don't you see, my dear, that you were asking him to spend money on you and that he may not have had it to spare or may not have been inclined to show you any attention. Don't feel badly about what you have done because I am sure that you acted with simple good will and did not mean to be forward. But no woman wants to put herself in the position of forcing herself on a man, and this one has shown you plainly that he feels you ought to let all social suggestions come from him. I think if I were you I would be very much on my

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

ELECTRICITY INDUCING RAIN
Australia experiments are being carried out "down under" with an electrical plant to make rain. According to a Sydney newspaper, careful research showed the inventor, Mr. Baisillie, that in fine weather there the higher regions of the air, and that when it rained negative electricity predominated. He was studying the effects of mountains on rainfall, and came to the conclusion that hills attract as conductors of the negative electricity energy with which the earth's surface is charged. He argued that all that was necessary, therefore, to give flat plains the same advantages as regards rainfall as hilly country was the free passage of the negative electricity to the higher regions of the air. His rainmaking plant now consists of a set of two or three 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, which is well grounded. Of course, the first essential in the business is rain in his tests at Bookaloo and elsewhere Mr. Baisillie has found that rain invariably falls after the kites are up in the air for from six to ten hours.

RIGHT-AND WRONG
DEAR MISS FAIRFAX:
I am 18, and have been going about for the past year and a half with a man of 20.

We were about to be engaged when the question came up of a marriage within a year. I think I am too young to get married, and then again I have a brother in the service "over there" and I would like to wait for his return.

Now, Miss Fairfax, I have told him this, and he said he doesn't see why my brother being in the Army should stop our wedding, so we have broken off.

COLD PACK METHOD IN 12 SHORT STEPS

No. 3

NATIONAL WAR GARDEN COMMISSION



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 is 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 3,000 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.

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?"

Many Attend Biennial Conference of the C. E.

Allentown, Pa., July 11.—Many Endeavorers are attending the biennial meeting of the State Christian Endeavor Union executive committee and the Eastern district convention which is in session at the St. Paul's Evangelical Lutheran Church, this city.

Conferences were held at the first day's session yesterday as follows: Prayer, Intermediate, Missionary, Junior, and Quiet Hour. Floating Work, Standards, Social Work, Lookout Committee, Society Finances, and Citizenship. Among the conference leaders were Miss Sadie Wiggins, State Superintendent, Junior Work, Pittsburgh; State Superintendent, Junior Work; Miss Margaret A. Spencer, Pittsburgh, State Superintendent Intermediate Department; Miss Grace D. Reimer, Easton, Superintendent Missionary Department; the Rev. J. Sala Leland, Waynesburg, Superintendent Evangelistic and Quiet Hour Work; Dr. Clarence H. Chain, State President, Philadelphia; H. K. Bragdon, Pittsburgh, State Treasurer.

A mass meeting was held last evening when the Rev. W. E. Peffer, general secretary of the Keystone League of Christian Endeavor work, Harrisburg, delivered an excellent address.

State Secretary H. B. Macrory, of Pittsburgh, comes to the meeting direct from Pocono Pines, where he has been holding daily conferences upon young people's work in the annual gathering there of the Presbyterian young people. The convention will close to-night with a mass meeting to be addressed by the Rev. Paul Leinbach, Philadelphia, editor of the

Shreiner Going to Meet Brunner Soon

George A. Shreiner, Superintendent of Public Grounds and Buildings, left today for New York, in company

with railroad and bridge engineers to meet Arnold W. Brunner, for discussion of the State street bridge 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.

Use McNeil's Cold Tablets.—Adv.

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Alterations Free **\$4.49** Only One to a Customer

300 New Clean Voile and Organdie Waists in plain white or striped patterns. Many styles. Sizes 36 to 46. Regular \$1.50 values.

Choice Friday Only
89c

You're the Best Judge

You know best the flavor you like in coffee, but we are sure that one of these two good coffees will just suit your taste.

So we ask you to try a pound of both, please, to see which you like best.

Golden Roast Coffee 30c lb.
is a rich-flavored coffee blended from the finest beans from the highlands of Brazil. Fresh roasted daily and packed in unfluffed packages that hold in its fine flavor. Every pound is cup-tested to maintain its good quality. A coffee as good as most 35c coffees.

Old Favorite Coffee 25c lb.
is a mellow, tasty coffee blended from the best beans from Sao Paulo. Fresh roasted daily and packaged in stout moisture proof bags. Popular with housewives for its fine flavor and economical price. Four cents is saved by not using tin containers. A 30c coffee for 25c a pound.

Ask your grocer for a pound of both these good coffees. He has them or can quickly get them for you.

R. H. LYON
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SYMOND'S INN VANILLA A high grade flavoring—pure and of superior strength. 35¢ 2 for 36¢	SYMOND'S INN COCOA Excellent for cooking and baking—also for drinking. 1/2 lb. Pkg., 25¢ 2 Pkgs. for 26¢	SYMOND'S INN CHOCOLATE Retains all the palatable and healthful properties; pure, full strength, full flavor. 1/2 lb. Pkg., 25¢ 2 Pkgs. for 26¢
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Up in a tree,
You must not shoot him.
Let him go free!
Draw from one to two and so on to the end.

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