

Reading for Women and all the Family

The Universally Needed Food

The war has taught us many things about food. It has taught us we can substitute corn, barley, rice and other cereals for wheat without any injury to our health. It has taught us we can substitute milk, cheese, nuts and eggs for meat, and syrup, for sugar.

But there is one food for which neither this war nor any war will ever teach us to give a substitute. This food is milk. Milk is the one food of universal necessity for children. It contains all the necessary food elements and there is no substitute for it. It is, in fact, the one food which is called "perfect."

Unfortunately, however, milk is often considered only a beverage, instead of a highly nourishing food. For this reason, when the price of milk goes up a cent or two, many housewives reduce their milk order.

But this is not true economy, for milk at any price is the cheapest animal food. Twenty-five cents' worth of it will give more energy than twenty-five cents' worth of meat, eggs, or fish. Worked out on the basis of how much food of different kinds one can get for twenty-five cents, in buying milk at twenty cents a quart, one gets as much protein as in meat at twenty-five cents a pound, or eggs at thirty-five cents a dozen, or fresh cod at twenty cents a pound.

Children and invalids should have plenty of milk. Germany has been one of the first to recognize the absolute necessity of this, and in spite of her milk shortage, she has maintained at all hazards the full milk ration for German children and for the German hospitals.

This country is more fortunately situated than the other warring countries for we are able to give milk freely not only to our children and invalids, but to all consumers. We must, of course, guard against waste.

The flush season, when the cows are on the grass is now on. This may not mean a sharp drop in the price of milk, as some might expect, for labor and cattle feed have been high all winter and the dairyman has had his overhead expenses increased enormously.

But the intelligent housewife will realize that true economy will not allow any reduction in her family's use of milk, no matter what the price. Economy will lead her always to buy whole milk instead of cream, for the skim milk left in the creamery is often wasted. Take the top of the bottle for cereals, coffee and the like, have plenty for the children to drink, use sour milk and whey in cooking, and make cottage cheese often to eat in place of meat.

LONDON RAID STOPPED
London, July 20.—A German airplane appeared over the Isle of Thanet, the northeast extremity of Kent, east of London, last evening. An official announcement says anti-aircraft guns fired on the machine, which turned to the westward and proceeded out to sea.

HAD THAT TIRED FEELING

Simply Had No Ambition

Says Mr. E. Howard, 1129 Monroe street, Harrisburg: "I have been suffering for years with a bad stomach always bloated and belched up gas, had a burning in stomach, was nervous and irritable, would get dizzy. I had that tired feeling and no ambition, would be up for several hours before I really felt and now my stomach is right, my nerves are quiet, I feel full of ambition."

Sanpan is being introduced at Keller's Drug Store, 405 Market St., Harrisburg—adv.

THE HOUSE OF TAYLOR

HOTEL MARTINIQUE
Broadway, 32d St., New York

One Block from Pennsylvania Station
Equally Convenient for Amusements, Shopping or Business

157 Pleasant Rooms, with Private Bath, \$2.50 PER DAY

257 Excellent Rooms, with Private Bath, facing street, southern exposure \$3.00 PER DAY

Also Attractive Rooms from \$1.50
The Restaurant Prices Are Most Moderate

100 Rooms
400 Baths

BUSINESS SCHOOL ATTEND THE BEST

The School of Commerce is the Largest, Oldest and Best Business School in Harrisburg—organized 1894. It is an institution of Established Reputation, a Recognized Leader—whose solidity and permanency are unquestioned.

Its Past Record

Its equipment, teachers, methods of instruction, its management, reputation, service and standing have been investigated by a National Committee on Commercial Education and fully accredited by that organization.

It is known and recognized by the Leaders in Business Education. It is a member of the National Association of Accredited Commercial Schools, Private School Managers' Association, National Commercial Teachers' Association and Eastern Commercial Teachers' Association.

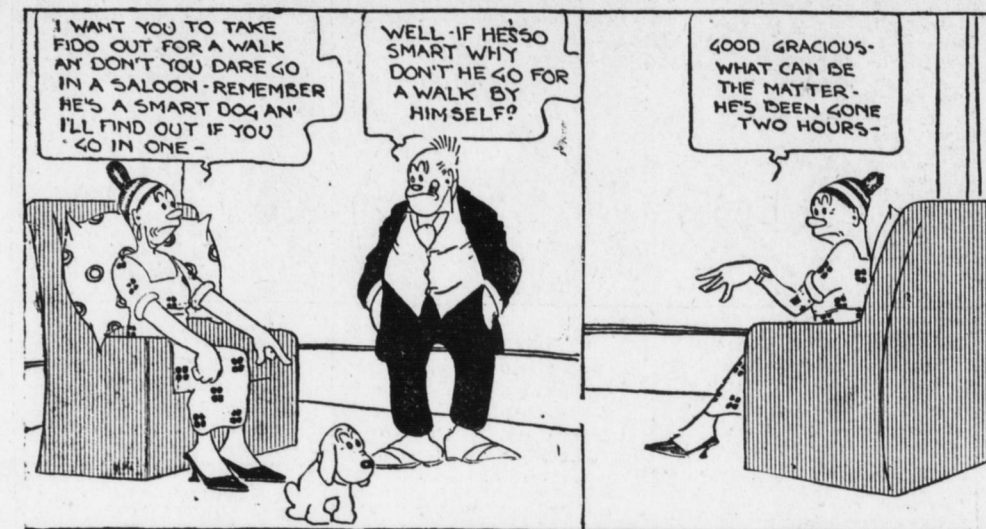
Schools have come and gone. School of Commerce is here since 1894.

Its graduates are uniformly successful. Many were recently placed at beginning salaries of \$75, \$100 and \$130 a month.

Why Take a Chance? Investigate

SCHOOL OF COMMERCE
Troup Building, 15 S. Market Square, Dial 4393
Bell 485
ENTER ANY MONDAY

Bringing Up Father



An Oven Meal

Feeding the family is a very important task at any season of the year. Perhaps it is a more difficult one in summer than in winter. The appetite becomes easily jaded during the hot weather and needs constant stimulation. It craves cold things to drink rather than hot things to eat.

The housewife could easily give the family what the family wants. It would be far simpler to feed them from the icebox than to stand over a hot cook stove to prepare a meal. But with careful planning even the latter can be made much easier. One of the solutions is the oven meal. With a small oven that sits on top of a burner this means very little heat and a great saving of fuel.

Since housewives are urged to prepare as many perishable foods as possible during the summer months, there are a number of scalloped vegetable dishes that can be oven-cooked. These with a roasted meat or fowl and baked dessert, can be supplemented by a green salad and behold, there is a bountiful meal prepared with a minimum of heat.

In cooking an oven meal, however, care must be taken that dishes are selected requiring approximately the same amount of heat and that the oven is not over-filled by a great variety of dishes. The following suggestions for oven combinations are made with that thought in mind:

- Casserole of meat and vegetables.
- Scalloped potatoes.
- Baked rice pudding.
- Roast stuffed chicken.
- Sweet potatoes.
- Baked squash.
- Prune whip.
- Baked while the first course is being served.
- Roast beef.
- Franconia potatoes (baked in the pan with roast).
- Diced turnips.
- Fruit pie with crust of barley flour.
- (Baked before the meat is put in to roast).
- Baked beans.
- Brown bread.
- Onions en casserole.
- Baked custard in cups.

French Guns to Hold Huns From Railways

London, Friday, July 19.—The latest reports shows that the statement current yesterday afternoon that the French had recaptured Soissons was incorrect, but as General Maurice points out, Monte de Paris, which is now in French hands, completely dominates the town, and even if the Germans retain the town the railways passing through it can be so commanded by the French guns as to be useless to the enemy.

FLYING WITH SHAFFER

Escadrille Spad 33, Secteur Postal 12, June 8, 1918.

Dear Mother:
Flew again to-day after my motor had been in the repair shop a day and a half. Now it's busted again but may be ready to-morrow. However, we started out to-night about 5 o'clock, rose over the numerous clouds and kept climbing, climbing until over Rheims we were nearly 6,000 meters high. Owing to difficulty in starting my motor I was last off the "piste," and having actually catch the patrol until we saw three Huns.

A lieutenant was leader and I waited to see what he would do, for only the leader has a right to attack, and the way we went about it made me sick, flying around them several times and then coming down behind them in a series of S's. Even when he did shoot he was so far away I could see how he hit anything. Yet he came home claiming having knocked one down, and was sore, indeed, when I admitted not having seen it fall. Personally, I think he was mistaken and mistook a "villie" for a tight spiral, for I shot at the same Boche after the lieutenant did, and he was already dropping. I shot at him, and he came down, too, some even hitting him, but my motor was not working well, and having no confidence in it I did not get closer than 200 meters. Even if the one gun jammed in such a way it was impossible to fix it in the air, and then when pulling out of the dive my motor nearly stopped dead. Golly! I nearly had heart failure! And it continued to do that, suddenly stopping and starting again, thus alternately dropping and coming back, until I got getting back over the lines or falling among those three Huns. Neither was pleasant to think about, but I preferred the former even if it meant getting back with a dead stick (stopped propeller). Fortunately, the motor got me home, and the trouble was discovered in the carburetor.

The sky was full of clouds, and a big, white billowy kind, and being at 6,000 meters we were naturally way above them, only keeping our direction by getting quick glimpses through the holes. Even at that, I had one eye on the compass and another on the sun, not wishing to get lost again, for one never can tell how long it will take to get home, and I was sure if the Germans were going "en panne" and then if you don't know which direction the home road is, you're "outta luck" to say the least.

Up Early
This morning my motor repaired, was up again at 7 o'clock. It was quite misty near the ground, but after we had risen to some 3,000 meters one could see pretty clearly, for it being so early in the morning, not a cloud was in the sky. My motor seemed to be working smoothly enough, but somehow or other, was not giving the power, for I could not climb up to my leader and he had a lower horsepower motor than mine. I kept plugging along behind doing my best to keep up with the procession and not succeeding very well. Five of us had started, but by the time we had been up an hour only three were left, the others having dropped out on account of motor trouble.

We were around 5,500 meters then, with me still trying to climb up to the leader, when I saw a little black speck way down below on the German side of the line.

Watching it intently for several seconds I decided it was a balloon, as it seemed to be stationary, so did not call my leader's attention to it by shaking my wings. But its size and shape persisted in my mind, seeming too small for a balloon, so when we had gone a little further I banked up on one wing and looked for the miniature speck again. There it was again, and any doubt as to what it was now was instantly removed, for it had moved much nearer the lines and was undoubtedly a "biplane" Boche (two-man machine).

NUXATED IRON

Increases strength of delicate, nervous, and feeble people in two weeks' time in many instances. Used and highly recommended by former United States Senators, physicians and former Public Health officials. Ask your doctor or druggist about it.

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By McManus



GOLD PACK METHOD IN 12 SHORT STEPS

No. 10



After completing seal the jars are turned upside down to test for leakage, and left upside down until cooled says the National War Garden Commission. They should be cooled rapidly but not in a draft. More details in a free book; the Commission at Washington will send you for a two-cent stamp. Watch for step No. 11.

Wilson Refuses to Be Pictured in Uniform

New York, July 20.—From Guido Bruno's Fifth Avenue garret yesterday came assertions that President Wilson does not approve of the work of artists who picture the President in a military uniform as commander-in-chief of the Army and Navy.

Newspaper Workers Escape Draft Orders

Washington, July 20.—General Crowder, provost marshal, authorized the statement yesterday that no order has been issued by him or his office placing newspaper workers in the "nonproductive" classes under the work-or-fight order.

Advice to the Lovelorn

BY BEATRICE FAIRFAX

MARRY HIM
DEAR MISS FAIRFAX:
I am in love with a young man ten years my senior, who, in return loves me. He has asked me to marry him and I have consented. Although the draft age and he will be in the draft. He is a man of good character and has a fine position.

YES, TALK PLAINLY

DEAR MISS FAIRFAX:
I am in love with a charming young woman, and I know that she cares for me, but at times she seems indifferent.

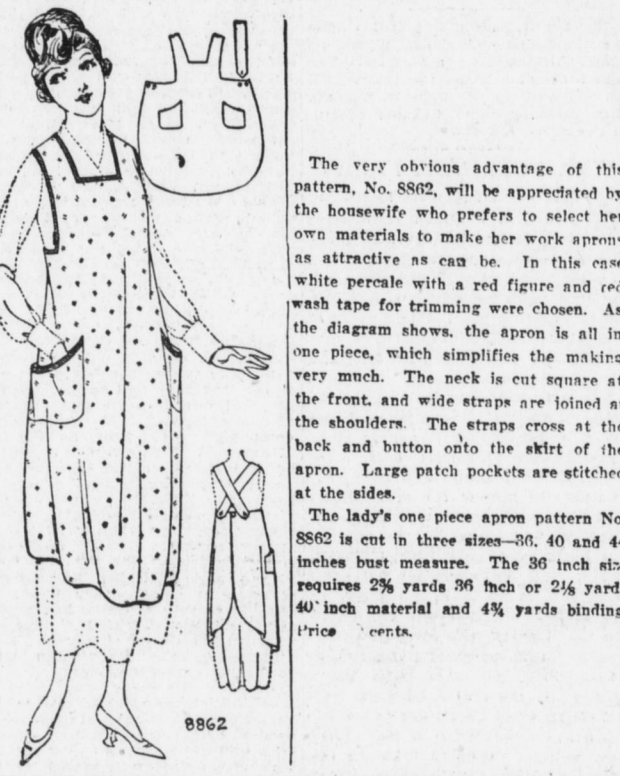
THE WOMAN'S PART

DEAR MISS FAIRFAX:
I am 19 and employed as a stenographer with a large wholesale house. My salary is eighteen per week.

FASHION'S FORECAST

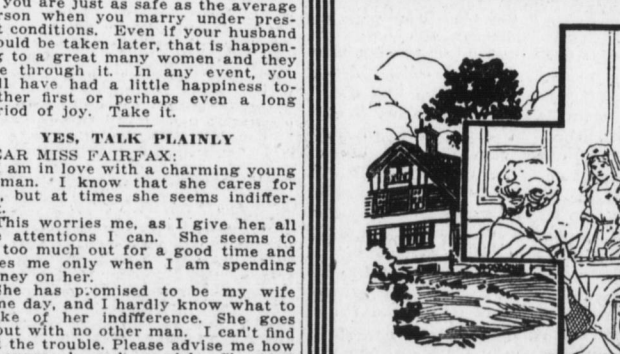
(By Annabel Worthington)

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



Thicken Your Hair With Cuticura

If you have dandruff your hair will become dry and thin. Cuticura Ointment gently rubbed on spots of itching, scaling and dandruff, followed by a hot shampoo of Cuticura Soap will usually remove the worst cases.



How much more Economical, Pleasant and Satisfactory to

Send the Family Wash to Us

where it will be washed and ironed as carefully and as faultlessly as you or your landlady could do. The "Sanitary Way" offers a simple solution for taking the dread out of washday. Your family wash is kept separate from the time it leaves your home until it is returned. We leave no indelible ink marks.

Enjoy another day for more important duties by eliminating wash-day from your thoughts.

Either phone will bring our machine to your door.

Sanitary Family Washing Company
Sixteenth and Elm St.

New York City Wild With News of Victory

New York, July 20.—New York City received the news of American victories in France with cheering, sounding of bells and blowing of whistles. An official touch was lent to the general jubilation when the bells on City Hall and Brooklyn borough hall were rung for fifteen minutes.

Great crowds collected before bulletin boards last night. Many of the readers carried small American flags, and as line by line was added to the story of the battle overseas, these flags were waved madly.

Recruiting offices were crowded during the late afternoon and evening. There was a demonstration of war theatres and restaurants, while hastily organized jubilees were celebrated at some of the leading clubs.

COMMUNION AT ST. MATTHEWS

Enola, Pa., July 20.—Holy Communion will be given to the members of the St. Matthew's Reformed Church on Sunday, July 21, by the pastor, the Rev. Grove.



Daily Dot Puzzle

