



# 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

#### DRYING STRING BEANS

Whether in town or country, we all need to eat some green vegetable every day in the year. String beans are among the most valuable and palatable ones. It saves storage space and the cost of jars to dry them.

Select green string beans in prime condition for table use. Wash carefully and string. Very young and tender beans may be dried whole. More mature beans may be clipped at both ends. Also they may be cut—not snapped—into small pieces. They may be slit lengthwise, too, before cutting across. The free drying manual sent out by the National War Garden Commission, Washington, gives detailed directions for drying fruits and vegetables. A 2-cent stamp will bring it to you if enclosed with your request.

Blanch string beans six to ten minutes, according to size. Cold dip, drain and remove surface moisture by gently spreading between clean towels. Spread thinly on trays, first putting down paper or thin muslin. Beans may be dried in three hours, but frequently unless the air is exceptionally dry a longer time is required. Start at 110 degrees F., if applying artificial heat, and raise gradually to 145 degrees F. The Commission will gladly answer any questions written on one side of the paper and sent in a self-addressed stamped envelope.

#### P. O. S. OF A. NOMINEES

Harrisburg, Pa., June 27.—At the regular meeting of Washington Camp, No. 576, P. O. S. of A., on Tuesday evening the following were nominated for office:

President, Ira B. Zimmerman; vice-president, Ross E. Zimmerman; master of forms, John H. Chubb; conductor, Myles C. Motter; Joseph Frank G. Pottinger; guard, Joseph Landis; trustees, Harvey P. Hess, Ira B. Zimmerman; delegates to state camp, E. L. Brubaker and Charles C. Westfall; alternate, W. D. Straw.

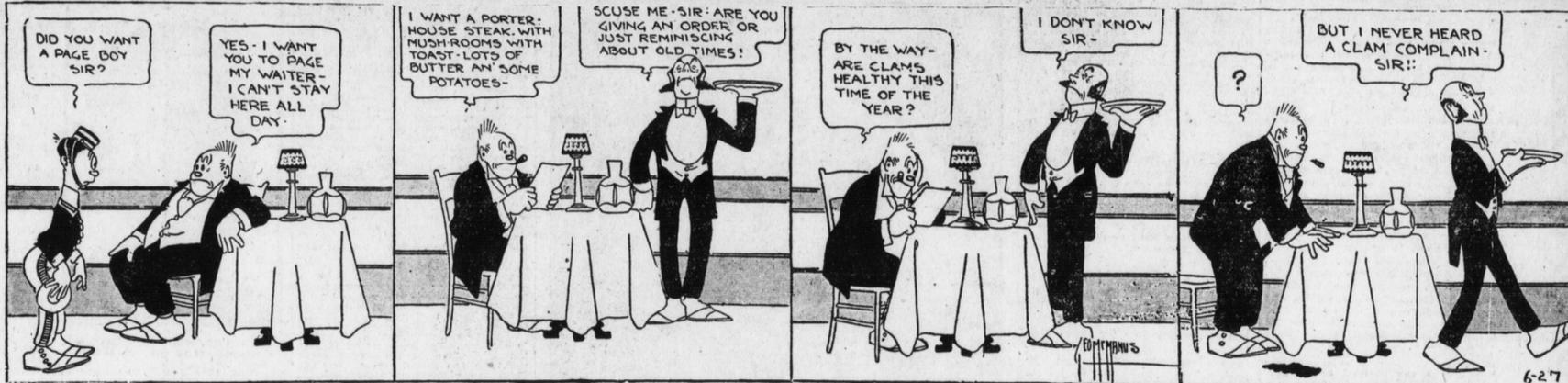
## When Itching Stops

There is one safe, dependable treatment that relieves itching torture and skin irritation almost instantly and that cleanses and soothes the skin.

Ask any druggist for a 35c or \$1 bottle of zemo and apply it as directed. Soon you will find that irritations, pimples, blackheads, eczema, blotches, ringworm and similar skin troubles will disappear. A little zemo, the penetrating, satisfying liquid, is all that is needed, for it banishes most skin eruptions, makes the skin soft, smooth and healthy.

The E. W. Rose Co., Cleveland, O.

## Bringing Up Father



## TOO BUSY?

"I'm sure I don't know what is happening to my kitchen these days," exclaimed a woman the other day. "My grocery bills are appalling. I'm afraid we are wasting fearfully in every way, but I haven't time to consider economies or to watch the ordering or cooking to see that the food administration's wishes are carried out. I'm too busy."

This is the universal excuse today of women who are letting their households run amuck. Never before in history have there been so many compelling forces drawing women outside their homes. So much Red Cross work to be done! So many committees on which to serve! So many hundreds of kinds of war work calling daily for our brains and hands. But it is essential that we put off thought on the various war relief activities and work out some plan by which we can apportion our time and strength to those things most worth our while.

One of the first questions facing the woman who is running a home is: "Is food conservation worth while?"

Before giving the answer let us ask ourselves "Is the saving of human lives worth while?"

If it is, then food conservation is worth while; for the program of the U. S. Food Administration for saving food in American kitchens is the only way to save the lives of millions of people in Europe, who might otherwise die of starvation.

Is not this reason enough to put aside everything we are doing at present, if necessary, rather than to say, "No, I can't follow the program of the food administration for the conservation of food, I'm too busy!"

## Life's Problems Are Discussed

By MRS. WILSON WOODROW

"Dear Mrs. Woodrow: "Will you help me in the heart-breaking predicament in which I find myself? Do not refuse to do so, for you are the only person to whom I can turn.

"I am the mother of two little children. My husband is a prosperous businessman, well thought of in the community, but he is a different person in the home. I have known nothing but abuse and ill-treatment since my marriage. I am not allowed a cent of money. He never speaks to me that he does not use profane and disgusting language, and he frequently threatens to kill me. I am allowed only the most formal acquaintanceship with people, as he is afraid I might tell how I am treated, and he often goes for weeks without speaking a word to me, although we sit at the same table three times a day.

"If there were only myself I should leave him and earn my own living. But I must think of my little ones first.

"I am broken down in health and spirit, and the doctor says he cannot understand what has come over me since I have been married. I cannot tell him—I am too proud. My family does not know anything of this, as I have kept my sorrows to myself. It would break my mother's heart. She is such a gentle, honest soul, and the disgrace would half kill her.

"But what can I do? How can I

## 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.

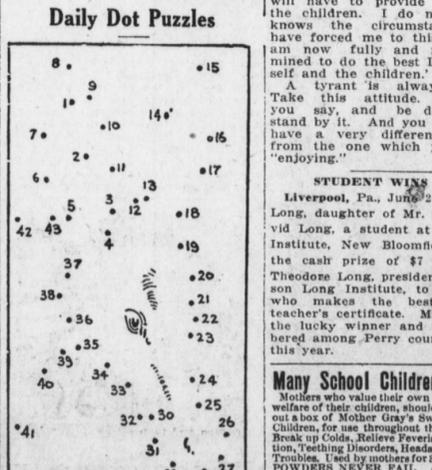
bring my children up in such a home? "HEARTBROKEN."

I wonder when women will fully realize that they are not property. The old law in which a wife was held a chattel no longer obtains. Marriage should be an equal partnership. A wife is in no sense a dependant, still less a slave.

The truth is, my dear lady that your own mental attitude toward this matter is not right. Like the vast majority of women and men, too, for that matter, you view any question which closely affects yourself emotionally and not rationally. You are thinking with your heart and not with your brain; and that always leads to confusion. You are not just to yourself; then how can you be just to others? You would not countenance cruelty to your children. If that were attempted, you would probably flame like a tigress. Then why should you countenance cruelty to yourself or submit to it.

Your weakness is the pride which has led you to conceal even from those nearest to you the circumstances of your wretched existence, and your husband, who is a vicious tyrant delighting in tormenting some one whom he considers unable to retaliate or to bring him to book, takes advantage of this weakness in your character. He banks on it. It gives him the opportunity to reserve in shielding him from the censure of your family and friends. But there are better things in life

## Daily Dot Puzzles



Trace forty-three and an Aard Vark Will walk around the village park. Draw from one to two and so on to the end.

## Advice to the Lovelorn

BY BEATRICE FAIRFAX

YOU ARE RIGHT

DEAR MISS FAIRFAX: I have a very attractive daughter of 17, who has a friend in the Army, who is 24, and has become very attentive to my daughter. I am at present allowing her to have him call twice weekly. Sometimes they spend the evening at home and part of the evening I spend with them. When they go to the theater, he always asks me to go as chaperone. They are also corresponding; but I see every letter that passes between them. My daughter is perfectly willing to take me into her confidence. In fact, we are regular pals, more like sisters than as mother and daughter. My husband also considers I am taking the wisest course. But my relatives are making me very miserable with all their criticisms. They are very old-fashioned people, and do not think it proper for

my daughter to have any men friends. Tell me, do you think it would be justice to my daughter to deny her the company of this friend?

A PERPLEXED MOTHER.

My dear lady, your relatives are indeed old-fashioned busybodies. They are behaving stupidly as most meddling do. I think you are exactly the sort of a mother an idealist would wish for every young girl. An understanding companion, a good friend and a careful guardian—but not a jailer or a tyrant. Don't destroy this because people who have not kept up with the current of modern events want you just wantonly to destroy a happy relationship. You would hurt daughter cruelly and probably tear the fine fabric of her feeling for you. And you might easily drive her into a secret romance that would be harmful instead of being the sweet, healthy friendship enacting itself under your wise and kindly eye. Please have enough humor to smile at your critics, enough courage to defy them, and enough good nature to be sorry for

for you than the pose of a silent sufferer.

Your first duty is not to offer sacrifices to your pride and to save your mother's feelings. She must be considerable of a weakling if she cannot see the fact that her daughter is not happy.

And what is this disgrace that would half kill her? Your marriage to an unworthy man may have been broken in heart and spirit, but it can hardly be called a disgrace. That you are the victim of ill-treatment should excite her pity and sympathy and her desire to help you, and not throw her into hysterics.

Don't think of yourself so sentimentally and speak of yourself as broken in heart and spirit. We can't all of us stand considerably more than we like to think we can. Regard yourself, instead, as an individual with inalienable right to life, liberty and the pursuit of happiness. This is an occasion for all of the common sense that you possess.

Insist on having a plain talk with your husband. Say to him: "I am not going to be drawn into any argument, neither is there any use in going over all my faults and failings. We will simply face the facts; anything else is a side issue, not worth discussing. We do not live together harmoniously. I refuse to remain longer in the atmosphere that prevails in our home, or to bring up our children in it.

"If you wish to take the matter into the courts I am perfectly willing to have you do so, and would really prefer it. In any event, you will have to provide properly for the children. I do not care who knows the circumstances which have forced me to this step, and I am now fully and finally determined to do the best I can for myself and the children.

A tyrant is always a coward. Take this attitude. Mean what you say, and be determined to stand by it. And you will probably have a very different home life from the one which you are now "enjoying."

STUDENT WINS PRIZE

Liverpool, Pa., June 27.—Miss Ruth Long, daughter of Mr. and Mrs. David Long, a student at Carson Long Institute, New Bloomfield, has won the cash prize of \$7 presented by Theodore Long, president of the Carson Long Institute, to that student who makes the best provisional teacher's certificate. Miss Long was the lucky winner and will be numbered among Perry county's teachers this year.

Many School Children are Sickly

Mother who value their own comfort and the welfare of their children, should never be without a box of Mother Gray's Sweet Powders for Children, for use throughout the season. They Break up Colds, Relieve Feverishness, Constipation, Teething Disorders, Headache and Stomach Troubles. Use 3 times for years. THESE POWDERS NEVER FAIL. All Drug Stores. Address, Mother Gray Co., Le Roy, N. Y.

## 201 DINNER GUESTS

Gettysburg, Pa., June 27.—The Altland House at Abbottstown is becoming famous for the chicken and waffle dinners which are served there on Sundays, 291 people enjoying the meal last Sunday. This is probably the record number to be entertained by a country hotel in Adams county.

## Use Cuticura Soap To Clear Your Skin

All dermatitis: Soap, 25c; Ointment, 25c; 40c. Talcum, 25c. Sample each free of "Cuticura," Dept. 8, Boston.

Sateen Petticoats Colors navy and green; cut full; fitted tops. 75c

White Sateen Petticoats Shadow-proof; cut full; fitted tops. \$1.25

ROBINSON'S WOMAN SHOP 20 NORTH FOURTH ST. Near the Young Women's Christian Association

## SUMMER OUTER-GARMENTS ALMOST GIVEN AWAY

The cold snap is responsible for these unusual low prices. Suits, Coats, Dresses, Skirts, Waists and Petticoats at prices that are surely amazing.

Beautiful Summer Dresses At Next to Nothing Prices

DRESSES at \$3.75 Charming colored and white voiles; newest styles. All regular sizes.

DRESSES at \$4.75 Beautiful gingham, voiles, linens, etc.; handsome styles and colors. Regular and extra sizes.

Extra Special Wash Dress WAISTS 55c

Extra Special Wash Dress SKIRTS 65c

Extra Special Wash Dress SKIRTS 75c

Silk Dresses Sharply Reduced

Dresses at \$9.75 Dresses at \$13.75

Extra Special Wash Dress Skirts At Less Than The Price of Material Wash Dress Skirts at \$1.95 Wash Dress Skirts at \$2.95

Extra Special Silk Waists 95c

Extra Special Silk Petticoats \$2.25

CLOTH SUITS and CLOTH COATS at BIG REDUCTIONS

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When your nerves are all on edge and sleep seems out of the question take—at bedtime—one or two BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c, 25c.

## The Business Man Naturally Looks Here For OFFICE FURNITURE

The reputation of our store for having the largest and most complete line of office furniture has been attained through years of constant attention to the needs of the properly furnished office. And we are able to save you considerable money on good office furniture because we "know how."

50-Inch Flat Top Oak Desk \$32

A good large desk for general office use. It is thoroughly well made throughout. Has two pedestals and each pedestal has three roomy drawers. There is a large center drawer under the top. The finish is light oak dull rubbed. For size and construction it is one of the most satisfactory desks you could buy. A very special value at this price.

"Drop-Head" Typewriter Desk With Quartered Oak Top \$29.50

Various Sizes Oak Office Tables To Conform With Other Equipment \$8.50 to \$46

Revolving Oak Office Chair \$9

Square Post Oak Costumers-- Heavy Metal Hangers--Special \$1.50

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