

Answers to Health and Beauty Questions

By Pauline Furlong

Copyright, 1917, by The Press Publishing Co. (The New York Evening World). Beginning next Monday, Miss Furlong will pose for The Evening World the Setting-Up Exercises of the United States Army. This series will be followed by another, in which Miss Furlong will demonstrate approved "First Aid" methods. These two series will present means of "preparedness" in which everybody should be interested.

WRONG combinations of food will produce many bodily disorders and diseases, and only by making a study of proper foods can you hope to bring the system to the highest degree of physical and mental strength. Most persons resort to drugs instead of making a study of the cause of their various illnesses and preventing rather than curing them. Most drugs taken into the human body do little more than kill the pain temporarily and, if taken regularly, will almost invariably exaggerate the condition and certainly never overcome it.

Excessive intestinal fermentation from which so many suffer is generally caused by overeating and wrong combinations of food. Overeating also causes stomach prolapsus, and this naturally lessens the activity of the intestines, by which their contents are forced onward.

When the digestion is defective, it naturally changes food into poisons in the intestinal canal, and cannot possibly make healthy bone, blood or brain.

Good, healthy bodies can only be made out of good, healthy material, and food that ferments and sours does not properly digest within the time allotted to it by nature.

If you wish to bring the body to the highest degree of efficiency, energy, vitality and strength certain laws must be obeyed and followed out consistently, and if you do not do so pain will be nature's way of warning you that something is wrong with the delicate machinery of the human system.

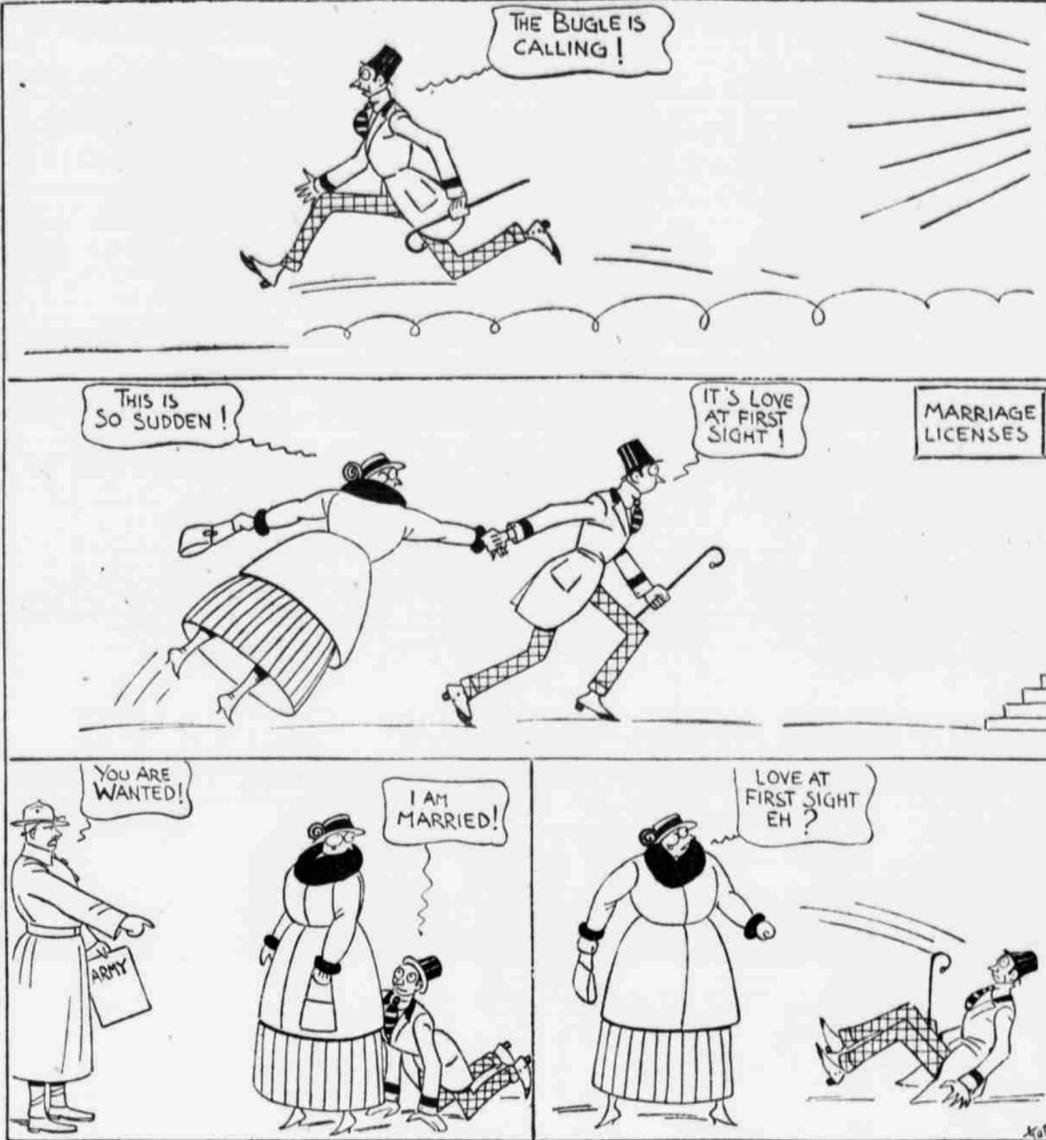
FATTENING FOODS—C. C.: Corn, corn meal and honey must be omitted from the obese diet. Tuna fish and rye bread are allowed.

HOT TOWELS WHEN REDDENING THE HAIR WITH HENNA—MRS. K.: It makes little difference whether the towels are wet or dry. The main thing is to keep the hair and scalp hot. I know many persons who use them both ways. Henna does not rub off on hands and linen. The continued use does not make the hair

Love at First Sight!

Copyright, 1917, by The Press Publishing Co. (The New York Evening World).

By Maurice Ketten



Original Designs for The Home Dressmaker

Advice in the Selection of Materials and Styles for All Types Furnished by The Evening World's Expert.

By Mildred Lodewick

Description.

IN terms that are unmistakable does the mode for tall-crowned and sports clothes make sports hats the most popular of the season. They have made their appearance in every known color and in every imaginable material, but as for shape, the mushroom takes the lead. Most of them follow the very good recipe, "small hats, high crowns," but when not allowed to attain their full height they branch out on all sides into exceedingly broad trimmed affairs.

Everything within reach seems to be possible for use in constructing these sport hats. Satin, ribbon, coarse linen, crepe, cretonne, brocade, muslin, organdy, coarse straw, silk braid are in evidence. Few hats seem satisfied with one material, and the contrast of two or three different fabrics in the building of one hat achieves a trimming quality which makes further adornment unnecessary.

However, on many hats where plain fabrics are used, flowers or odd conventional shapes can be applied by hand stitching of yarn or silk floss. The effect is sometimes amazing, but none the less charming. Leather, velvet, felt, vividly colored beads or soft toned chenille are interesting mediums of expression.

I am showing to-day ideas which may be copied at home by any woman who is handy with the needle. At the upper left a buckram shape is covered with rose linen over the crown, to which is attached purple Georgette crepe by means of blanket stitch done with rose-colored yarn.



THREE PRETTY HATS THAT ARE EASY TO MAKE.

This stitch is repeated around the edge of the tiny brim and clusters of vari-colored flowers cut from linen or cretonne are pasted around the crown. A facing of rose linen completes this hat, whose meagre expense is out of all comparison to its charm.

At the right another mushroom shape of straw is elaborated by the application of different fabrics over the upper surface. Black satin would be pretty for the top of a green straw hat, with dull blue Georgette crepe or batiste attached below the black satin. A banding of colored linen or ribbon either stamped or embroidered would make a decorative touch to conceal joining of the blue and dull blue, while on the edge of the brim a fancy edged ribbon or an uneven embroidery stitch could hold the blue fabric to the green straw.

The centre figure shows a broad-brimmed shiny straw hat, made sportive by means of colored felt applied in points around its upper brim. Fauxle ribbon forms a decorative bow at the front.

The omnipresent scarf of the present season will find its way into the summer mode by such means as I have pictured in the centre figure. A length of elegant plain colored ribbon is finished across the ends with bayader or Roman stripes, which are either contained in one width of wide ribbon or are of several narrow ribbons sewn onto the foundation scarf. The effect is original, and when worn with the plainest of frocks such a scarf would achieve distinction for the wearer.

Answers to Queries.

Miss M. Z. S.: I have five yards of navy blue satin and want to make a dress of same. Am 4 feet 9 inches and have a good sized bust. My hair is dark and eye brown. I find I look best in plain, straight lines. White Georgette vest and cuffs. Red, steel and blue embroidery.

To Mrs. G. G. N.: This design, using black satin, is a quarter yard of chiffon (speacock blue flowered in rose) like sample and would like to develop a dress, using same. Your advice in the matter will be gratefully received. I have enjoyed your fashion talks and admire your taste. I am twenty-nine years of age, look young; have black hair, hazel eyes, fair coloring. Am 5 feet 4 inches tall. Miss R. G. H.: Match the blue in satin for a skirt, use your chiffon for blouse part, trimming with a mesh bead. This would make a modish dem-i-evening or afternoon gown.

Women's Education Once Condemned

VASSAR COLLEGE, the pioneer American institution for the higher education of women, was founded by Matthew Vassar, a wealthy Poughkeepsie brewer. It was a woman, however, who suggested the plan of the college to the philanthropist brewer. Having accumulated a fortune, and being without children, Matthew Vassar decided to devote the greater part of his wealth to the establishment of some public institution. It was at the suggestion of his niece, Miss Booth, a successful teacher of girls, that he was induced to found a college for young women, for which he gave \$100,000 in 1819, and other sums aggregating as much more before his death and by bequests. When Vassar was opened the institution was denounced by many women and numerous clergymen, who proved to their own satisfaction that a college for women was an insult to God! One prominent woman said: "Of one thing we may be sure—no refined Christian mother will ever send her daughters to Vassar College!" The mere fact that it is called a "college for women" is enough to condemn it!

Novel Recipes for Cooking Fish

Flah Farce.—THREE cupfuls pounded raw haddock or fresh cod, one-half teaspoonful salt, two tablespoonfuls melted butter, one-half cup rich milk or cream, few grains nutmeg, two tablespoonfuls cornstarch, one-eighth teaspoonful pepper, or less if liked less highly seasoned. To prepare fish, scrape the white, wash from bone and skin. About a pound and three-quarters will be needed, put the fish through the food-chopper, then into a bowl, and rub with a potato masher till it is thoroughly broken up and very smooth. Add the other ingredients in the order given, transfer into a well-buttered mold or pan and bake for thirty minutes. Serve it with delectable sauce. When cold, it may be sliced, dipped in flour, and fried as any fish is, or it may be cut into cubes, combined with diced lobster, cream and fish stock, until it is of the consistency of this cake butter. Pour into creased molds and steam for two hours and a half. Serve with traw butter sauce.

Norse Haddock Pudding.—Cook the fish a little underdone in water with a tablespoonful of vinegar and salt and black peppers, and then drain and pound in a mortar till it is broken. Now season with butter, cream and fish stock, until it is of the consistency of this cake butter. Pour into creased molds and steam for two hours and a half. Serve with traw butter sauce.

Norse Cod.—Prepare cod as for frying. Dot the bottom of the casserole with bits of butter. Dust lightly with flour, salt and pepper. Dot with butter and repeat. When the fish is all used pour over it a half cupful of water or fish stock, a third of a cupful of orange juice and the juice of half a lemon. Add parsley and onion. Fit the cover tightly and bake until tender.

Newfoundland Herring.—Wash herring in cold water and wipe dry. Rub all over with olive oil and broil over a quick fire. Spread with butter and squeeze over a little lemon juice.

Breakfast Herring.—A tasty breakfast dish is to take a dozen herring, flit and wash, and then roll them. Place a small piece of butter or drippings on each, with pepper and a touch of vinegar. Bake slowly for half an hour.

Cod Roe Steedies.—Slice the roe and fry a rich brown in butter. On each slice is laid a slice of lemon and a small butter ball mixed with chopped parsley. Garnish with slices of tomato and serve cold.

THE MAN WITHOUT A COUNTRY

Revealing the Strange Atonement of a Famous Traitor

By Edward Everett Hale

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS. THE PRESENT STORY WILL BE PRINTED IN FULL THIS WEEK.

SYNOPSIS OF PRECEDING INSTALLMENTS. Philip Nolan, a young officer in the Western Army of the United States, becomes involved in the scheme of Aaron Burr to carve out an empire. He is tried by court-martial after Burr's failure in the early years of the last century. He carried on a long career. No mention of the sentence which he actually pronounced upon himself. When the war broke for the United States again, Nolan is transferred to another vessel bound for a foreign station. In the war of 1812 the ship on which Nolan was sent was captured and he was taken to a prison in London. He was held in a prison on a small island. He was held in a prison on a small island. He was held in a prison on a small island.

came of it. He is transferred from ship to ship without ever being hearing of the U. S. So the years drift on, Nolan being kept a prisoner on a small island.

FOR him, poor fellow, he repented of his folly, and then, like a man, submitted to the fate he had asked for. He never intentionally added to the difficulty or delicacy of the charge of those who had him in hold. Accidents would happen; but they never happened from his fault.

Lieut. Truxton told me, that when Texas was annexed, there was a careful discussion among the officers, whether they should get hold of Nolan's handsome set of maps, and cut Texas out of it—from the map of the world and the map of Mexico. The United States had been cut out. But it was voted, rightly enough, that to do this would be virtually to reveal to him what had happened, or as Harry Cole said, to make him think Old Burr had succeeded. So it was from no fault of Nolan's that a great blotch happened at my own table, when, for a short time, I was in command of the George Washington cor-

vette, on the South American station. We were lying in the La Plata, and some of the officers, who had been on shore, and had just joined again, were entertaining us with accounts of their misadventures in riding the half-wild horses of Buenos Ayres. Nolan was at table, and was in an unusually bright and talkative mood. Some story of a tumble reminded him of an adventure of his own, when he was catching wild horses in Texas with his adventurous cousin, at a time when he must have been quite a boy. He told the story with a good deal of spirit—so much so, that the silence which often follows a good story hung over the table for an instant to be broken by Nolan himself. For he asked perfectly unconsciously:

"Fray, what has become of Texas?" After the Mexicans got their independence, I thought that province of Texas would come forward very fast. It is really one of the finest regions on earth; it is the Italy of this continent. But I have not seen or heard a word of Texas for near twenty years. There were two Texan officers at the table. The reason he had never heard of Texas was that Texas and her affairs had been painfully cut out of his newspapers since Austin began his settlements; so that while he read of Honduras and Tamalupa, and, till quite lately of California—this virgin province, in which his brother had travelled so far, and I believe had died, had ceased to be to him.

Waters and Williams, the two Texan men, looked grimly at each other and tried not to laugh. Edward Morris had his attention attracted by the third link in the chain of the Captain's chandelier. Watrous was seized with a convulsion of sneezing. Nolan himself said that something was to pay, he did not know what. And I, as master of the feast, had to say: "Texas is out of the map, Mr. Nolan. Have you seen Capt. Back's curious account of Sir Thomas Roe's Welcome?"

After that cruise I never saw Nolan again. I wrote to him at least twice a year, for in that voyage we became even confidentially intimate; but he never wrote me. The man told me that in those fifteen years he aged very fast, as well he might indeed, but that he was still the same gentle, uncomplaining, silent

sufferer that he ever was, bearing as best he could his self-appointed punishment—rather less social, perhaps, with new men whom he did not know, but more anxious, apparently, than ever to serve and befriend and teach the boys, some of whom fairly seemed to worship him. And now it seems the dear old fellow is dead. He has found a home at last, and a country.

SINCE writing this, and while considering whether or no I would print it, I have received from Danforth, who is on board the Levant, a letter which gives an account of Nolan's last hours. It removes all my doubts about telling this story.

To understand the first words of the letter, the non-professional reader should remember that after 1817, the position of every officer who had Nolan in charge was one of the greatest delicacy. The Government had failed to renew the order of 1807 regarding him. What was a man to do? Should he let him go? What, then, if he were called to account by the department for violating the order of 1807? Should he keep him? What, then, if Nolan should be liberated some day, and should bring an action for false imprisonment or kidnapping against every man who had had him in charge? I urged and pressed this upon Southard, and I have reason to think that other officers did the same thing. But the Secretary always said, as they so often do at Washington, that there were no special orders to give, and that we must act on our own judgment. That means, "if you succeed, you will be sustained; if you fail you will be disavowed." Well, as Danforth says, all is over now, though I do not know but I expose myself to a criminal prosecution on the evidence of the very revelation I am making.

Here is the letter: "Levant, 20° 28' N 130° W. "Dear Fred—I try to find heart and life to tell you that it is all over with dear old Nolan. I have been with him on this voyage more than I ever was, and I can understand wholly now the way in which you used to speak of the dear old fellow. I could see that he was not strong, but I had no idea the end was so near. The

doctor had been watching him very carefully, and yesterday morning came to me and told me that Nolan was not so well, and had not left his stateroom—a thing I never remember before. He had let the doctor come and see him as he lay there—the first time the doctor had been in the stateroom—and he said he should like to see me.

"O, dear! Do you remember the mysteries we boys used to invent about his room in the old Intrepid days? Well, I went in, and there, to be sure, the poor fellow lay in his berth, smiling pleasantly as he gave me his hand, but looking very frail. I could not help a glance round, which showed me what a little shrine he had made of the box he was lying in. The Stars and Stripes were tried up above and around a picture of Wash-

ington, and he had painted a majestic eagle, with lightnings blazing from his beak and his foot just clasping the whole globe, which his wings overshadowed.

"The dear old boy saw my glance, and said with a sad smile, 'Here, you see, I have a country!' And then he pointed to the foot of his bed, where I had not seen before a great map of the United States, as he had drawn it from memory, and which he had there to look upon as he lay. Quant, queer old maps were on it, in large letters—'Indiana Territory,' 'Mississippi Territory,' and 'Louisiana Territory,' as I suppose our fathers learned such things; but the old fellow had patched in Texas, too; he had carried his Western boundary all the way to the Pacific, but on that shore he had delineated nothing.

"(To Be Concluded.)

Use Less Butter and More Fat

By Andre Dupont. CHEMISTS have discovered that almost all fats, whether animal or vegetable in origin, have the same food value, and if this is true, and science seems to have proved it, is it not rather stupid for housewives to go on year after year in the face of steadily advancing prices using butter, the most expensive fat of them all, in the lavish way their grandmothers did?

Use Less Butter and More Fat

well. Chicken fat can be used for making nearly all sorts of cakes that call for butter. Preparations of cotton seed or peanut oil can also be used for this purpose. The high food value and is very easily digested and more nourishing, it is proportionately more expensive than butter.

For table use gravy, which should always accompany every meat dish, can take the place of butter on all foods except bread. A few slices of salt pork cooked with fish not only greatly improve the taste, but are delicious served with each portion and render the use of butter unnecessary.

In all European countries people with small incomes eat less dripping (that beef suet that has been melted and clarified) on their bread occasionally or habitually to cut down their food bills.

Not a particle of bacon fat, ham fat, sausage fat or salt pork should ever be wasted. For instance, after bacon has been fried the liquid fat should be poured at once into an old cup to cool and the same way with salt pork, fat ham or sausage, but these fats should not be mixed but kept separate as that their individual flavors will not be spoiled. They can be used for frying potatoes, fish, croquettes, or meat cakes and dishes of this sort that are improved by such flavors, but after fish has once been fried in any fat it can never be used again except to fry more fish.

You can cut down your butter bills very largely by substituting other fats for its use both on the table and in cooking and by being careful of the quantity that you use. Never allow any member of the family to take more at a time than he or she can easily eat, so that the left overs will be small. The little that remains on the butter plate should never be wasted, but should be used in cooking or trying to give a butter taste to cheaper fats.

England to Raise Crops By Artificial Sunshine

AS part of a great national effort to defeat the Germans' U boat campaign, England is attempting to aid growing crops by means of artificial sunshine. It is a scientific theory that the overhead discharge of electricity may exert the same influence upon a planted field as the rays of the sun—in other words, create life.

The experiments with electrical discharge as affecting agriculture are being supervised by Prof. V. H. Blackman, professor of plant physiology and pathology at South Kensington, a special grant having been made for this research work, which is to be carried out at Huntington Court Farm, near Hereford.

Prof. Blackman is quoted as saying that the purpose of the experiments is to carry to a larger scale the successful work which has been done during the last few years near Dumfries, where in 1916 an increase of about 50 per cent. in grain and 55 per cent. in straw was obtained on oats as a result of overhead electrical discharge. This was on a small scale—one acre only. At Huntington

Chinese Hens Help Feed U. S.

ONLY importations from China have kept down the price of eggs. That may appear to be a peculiar statement, and some persons doubtless will be surprised to hear egg prices spoken of as "down." But here are the facts.

Chinese eggs by the million dozen are being shipped into the United States, and sold at prices close to the figure paid for our cold storage eggs. In China they sell at the rate of nine for a cent.

They come to us in a preserved state, the whites and yolks separated, and are chiefly used by bakers. One plant in Shanghai handles 100,000 eggs per day. Total exportations to the United States last year amounted to 7,000,000 pounds.

The Patrol of the Sun Dance Trail

A Big, Vital Story of Life in the Northwest Begins on This Page April 23