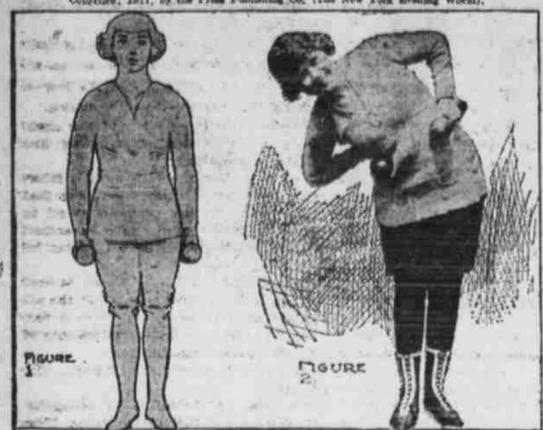


For Physical Preparedness U. S. Army Exercises

Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



SECOND SET—Dumb-Bell Exercise No. 6.

SIMPLE swaying exercises are also included in the army "setting up" one, and they are always included in any good physical culture course.

Practice this exercise with the dumb-bells clasped tightly in the hands, arms extended at sides, heels together, chest erect.

Answers to Health and Beauty Questions.

DRY, ROUGH SKIN ON BODY—

T. L. H.: Lack of natural oil in the system may cause this, also too much hot water and strong soap.

BRAN LEMONADE—MRS. G. J.

Allow a half cup wheat bran to stand in two cups cold water overnight.

LAXATIVE DRINKS—Mrs. Walter D.

Water comes first, grape juice, elder, buttermilk, orange juice, prune juice are some.

SWEET POTATOES FATTENING—

MARY R.: Sweet potatoes are about the most fattening of all vegetables.

LOST EIGHT POUNDS—MRS. F.

You will not be likely to lose this much the second week, after following the obesity exercises and diet.

MILK DIET—MRS. W. R.

The milk diet is for developing and should only be followed under advice of a physician.

RAW EGGS AND MILK—T. K.

Do not take the raw eggs and milk if they make you bilious. They are frequently hard to digest because they are too nourishing.

White Wheat Bread Made at Home

BY the home baking of bread—the largest single item in the diet in almost every household—housewives should be able in many cases to reduce expenditures for food.

For one loaf of bread pour one cup of boiling water, scalded milk, or a mixture of the two into a mixing bowl over one teaspoon salt, one tablespoon sugar and one tablespoon lard or other fat, if fat is desired.

Allow the mixture to cool until it is lukewarm. Mix one-half cake compressed yeast with a little of the lukewarm liquid and pour it into the other mixture. If liquid yeast is substituted for the compressed yeast, the ingredients should consist of one-fourth cup of yeast, three-fourths cup milk, water of milk and water mixture and the quantities of the other substances already mentioned.

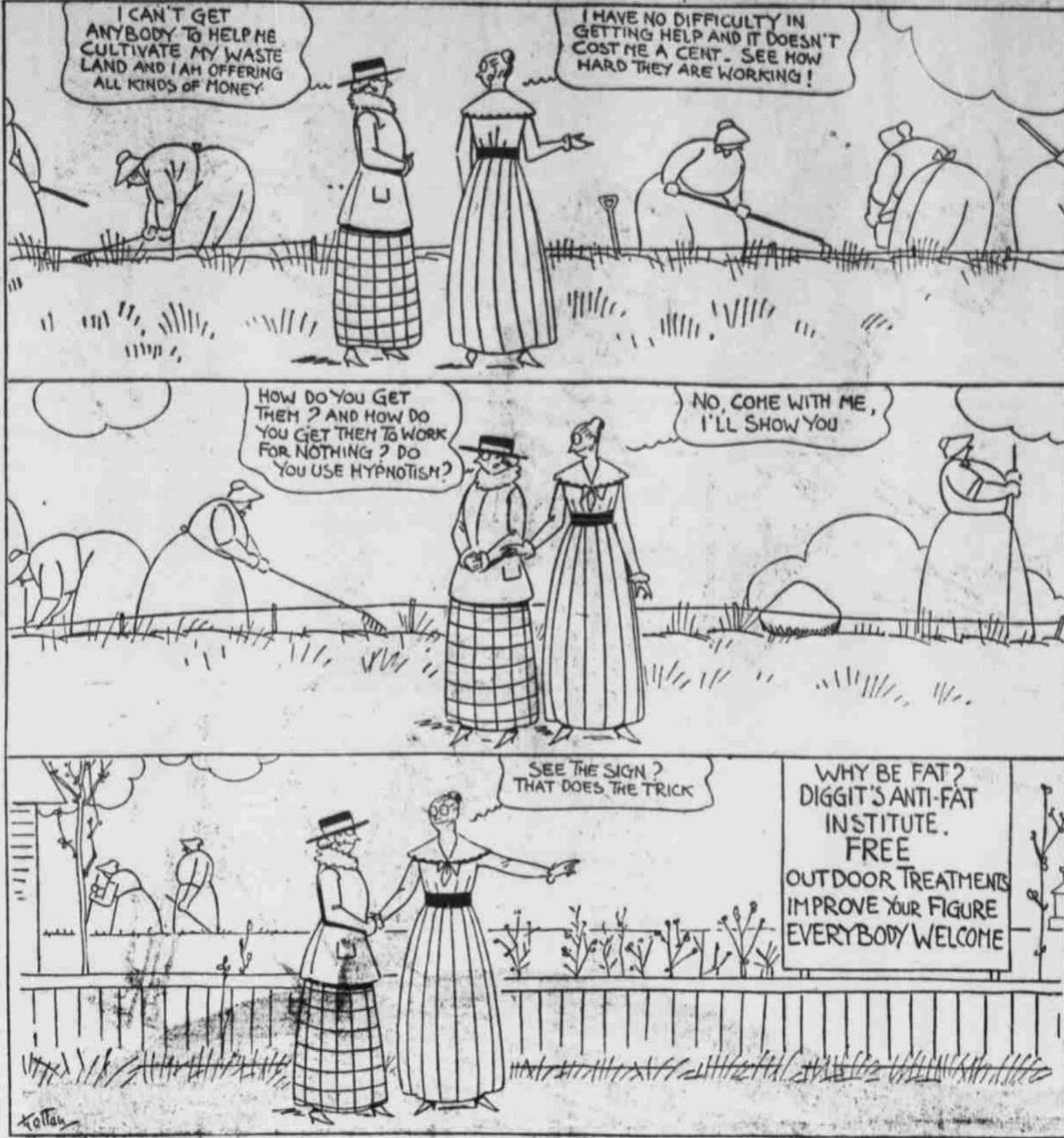
If convenient, set the mixture of yeast, liquid, salt, sugar and fat aside in a warm place, not over 86 deg. F., for an hour before adding the flour, if not convenient to set the mixture aside, add the flour at once, putting in a little at a time and kneading until the dough is of such consistency that it sticks neither to the bowl nor to the hands. This requires about ten minutes. After the flour is added cover and allow to rise 1.5-2 hours at a temperature of 84 deg. F. or better to set it in a cooler temperature, but lower the temperature the longer the time required for the rising.

Cut down the dough from the sides of the bowl; grease the hands slightly. Knead a little and set aside to rise again for one hour. With a good bread flour the dough should rise to its bulk in one hour. With a soft wheat flour it should not rise much beyond twice its volume. Divide into portions, mound and place in greased pans of standard size (11-2 quart). Allow to rise until a light touch will make a slight dent. With good bread flour this happens when the dough reaches the top of the pans. Bake 30 minutes.

Why Not?

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By Maurice Ketten



A Soldier of Manhattan

In Which an American Helps the King's Men to Take Canada

By Joseph A. Altsheler

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But not doing much destruction, I dare say. But the assault from three points was too much for the stomachs of the savages. Uttering howls, they fled like haled and ravens wolves into the depths of the forest.

"A Huron!" I exclaimed. "One of our savage enemies," said the Major.

"The Indian paddled his canoe farther out into the lake, but kept directly in front of us. Then he turned and looked back at the army."

"Some wandering fisherman or hunter," said the major.

"No," I replied, "a warrior."

"The man fell full upon the warrior, and revealed every feature of his face and all the outlines of his shining and almost naked body. He was scarcely beyond rifle shot, but he regarded us with as much calm and unconcern as if we were a flock of water fowl. His hair was gathered in the scalp lock, and his face and body glistened with the war paint. He was young and of imposing figure. A fierce-looking creature," said the Major.

"His gaze makes me think of some of our own wild Highlanders."

"With many and scarce perceptible strokes the savage propelled his canoe the distance between him and the army neither widening nor narrowing. Nor did he once remove his gaze from us, as if he were an odd sight. As we moved down the lake it looked as if all that army was pursuing a lone Indian."

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Our colonel selected me to lead a small party of skirmishers. My bit of experience in the woods with Culverhouse and Zeb Crane had won me the honor, and I was much gratified when I set forward with my half dozen men. We entered the forest, and began to make our way with an little noise as we could toward Ticonderoga.

"Say, lieutenant, you don't want to go so scoutin' around me, do you?" he looked and around and saw that I was making my way toward Ticonderoga, the Ticonderoga side of the tree, while I was on the side facing our camp, and neither of us had been able to catch even a fleeting glimpse of the other.

I began to creep back, and the man, whoever he was, immediately did the same. In two minutes I was back in my first position, and the tree was still between me and mine enemy. I still not so much as seen a tip of his finger or a hair of his head.

I took him at his word, and ordered the men to scatter about in the undergrowth and crawl toward Ticonderoga. We were to reassemble in an hour beside a large bowlder near by. Zeb slipped into a thicket and disappeared as noiselessly as a snake. My men spread out to the right and to the left, while I went straight forward, stooping over and stepping with great care.

I came presently to a little knoll, from which I could get a good view of the ridge in front of Ticonderoga, where we had been told a French force lay. The woods were dense at that point, but there was a rift in the trees through which I could see the ridge very well.

I dropped down on my knees behind one of the trees and tried to catch some evidence of life on the ridge. But I could see no living creature.

While I still looked I heard a slight noise in the bushes ahead of me. It might have been made by a lizard or a bird, but since our adventure with the Hurons I had learned to suspect such sounds, and I was on my guard. I lowered and hugged the tree. Then I was rewarded for my caution.

I heard a soft crush as of a foot step, and then a faint trembling of the air, as of some one breathing very near me. I moved quickly, and the stock of my gun rattled lightly against a stone. I drew up my gun in an instant and aimed against the tree. I still heard the restrained breathing so near to me. Some one was on the other side of the tree. Whoever it was, it was certainly an enemy, and I was sure that he was aware of my presence. If I could hear him he could hear me!

"Then I knew that Montcalm was waiting for us."

"The army landed the next day, and our General prepared for a speedy assault on the fortress. At least he issued orders to that purpose, for Gen. Abercrombie himself did not appear at the front."

"Montcalm is a fox, they say, General."

low, and disappeared in the woods toward Ticonderoga. I never saw him again, but I know he was a gallant gentleman. The man I had seen, though not in the precise manner and with the results that I had expected, but I had found him. That fact was obvious. I do not know whether he was in the direction in which Zeb Crane had gone, hoping to fall in with him. My hope was fulfilled, for when I had gone twenty yards he came out from a thicket and greeted me.

"Have you found the French?" he asked.

"Yes," I said.

"I do not know," I replied. "It was merely a stray glimpse of their uniforms, and then they disappeared in the woods. I do not know whether they're on the same business that we are, scoutin', only there's a lot more of 'em."

"I thought it wise to fall back in view of this discovery, and I don't feel like saying so, inasmuch as I was an officer and also the commander of the scouting party. But this was a chance which was very good, so I decided for me. We heard a rifle shot a hundred yards ahead, immediately followed by another much nearer. The enemy outnumbered us so greatly that we would have been driven back, and a squad of redcoats, led by an officer in a brilliant uniform, dashed to our rescue.

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CHAPTER VII.

DEFTLY my peril, I was tempted to laugh. Were we to spend an entire day there revolving around a tree trunk and preserving the same distance between us all the while? I was convinced that my antagonist, or rather partner, in this matter was an Indian warrior, and I feared that his forest cunning would speedily enable him to devise some scheme for my taking off. I believed that if I could only see him I could see another sundown.

Leaving assailed my nerves, I rushed around to the opposite side of the tree, and looked across the hand, I met with a heavy body that was coming at a considerable rate of speed in my direction. I was thrown down, but retained my knife, and leaped lightly to my feet.

My eyes met those of an alert, handsome young Frenchman, who was clad very much as I was, in dark green hunting costume. He held in his hand a small rapier. We were so close together that we might have struck down each other with simultaneous blows, but something in my mind, or rather partner, in this matter was an Indian warrior, and I feared that his forest cunning would speedily enable him to devise some scheme for my taking off. I believed that if I could only see him I could see another sundown.

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The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Outdoorland

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THE SUPPOSED ROBBER WAS ONLY THE JANITOR'S ASSISTANT.

"TO-NIGHT I intend to tell you of an unusual story sent me by a Klub Cousin," said Bob and Bess, who had just arrived fresh and sparkling from Wide-Eye Land ready for any adventures. "It is a different sort of story from those we have heard so far, and therefore very interesting. The tale begins here," said the Professor, and, quite as simply as modern business man presses a button beneath his desk to bring a secretary, Sir Professor, tapping a (rings) stamp, produced a new scene. In a flash it became evening, and the children and Bob and Bess found themselves standing in the corridor of one of the large banking buildings of an important city. "Hello," cried the watchman, in surprise, "what to see you?" "I should like to present my two chums," said Bob, introducing Bob and Bess.

"Always pleased to know Professor's friends," Mac declared heartily. "Miss Heats and Master Bob should enjoy meeting Trusty," remarked Bob.

Mac's face beamed at the mention of his faithful dog. He slipped his knee and it was easy to see that the keen-eyed, alert police dog who answered the call well deserved his name. There were mutual greetings between the children and the man, but Trusty's gladness did not dull his alert, sharp ears. A strange sound made him prick up his ears, and he cast a wise glance at his master, and made off at a trot around the quiet building.

Bess, Bob and Bob, eager not to miss an adventure, kept pace as well as they could. Into the area where Trusty and the dog were found, a stranger. The dog wedged his muzzle between the knees of the man and sent him tumbling just as Mac came up. "Evening, Mac," said the man all in a heap. "And is it you, Jim?" laughed the watchman.

All the excitement of catching a burglar was turned to a good joke when the supposed robber was discovered to be the janitor's new assistant. "Coch, if that had been a thief Trusty would deserve a medal for catching him," declared Bob. "Many of these brave intelligent dogs have received medals for their good work," said Bob.

"And Trusty himself will have one," said the man.

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