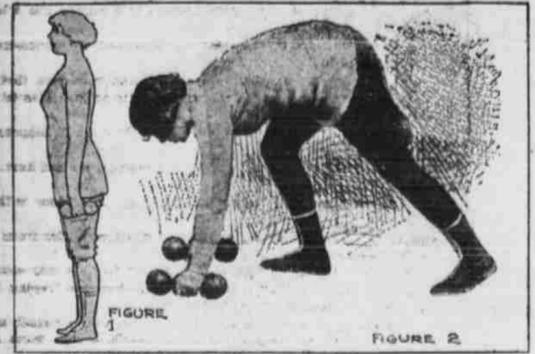


For Physical Preparedness U. S. Army Exercises

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. 7.

WHEN one portion of the body is being exercised, care should be taken that the other parts should remain quiet, as far as the conformation of the body will allow, and the men in the army have to learn this lesson until they become so proficient in the movements and so supple that they can exercise almost any portion of the body by itself.

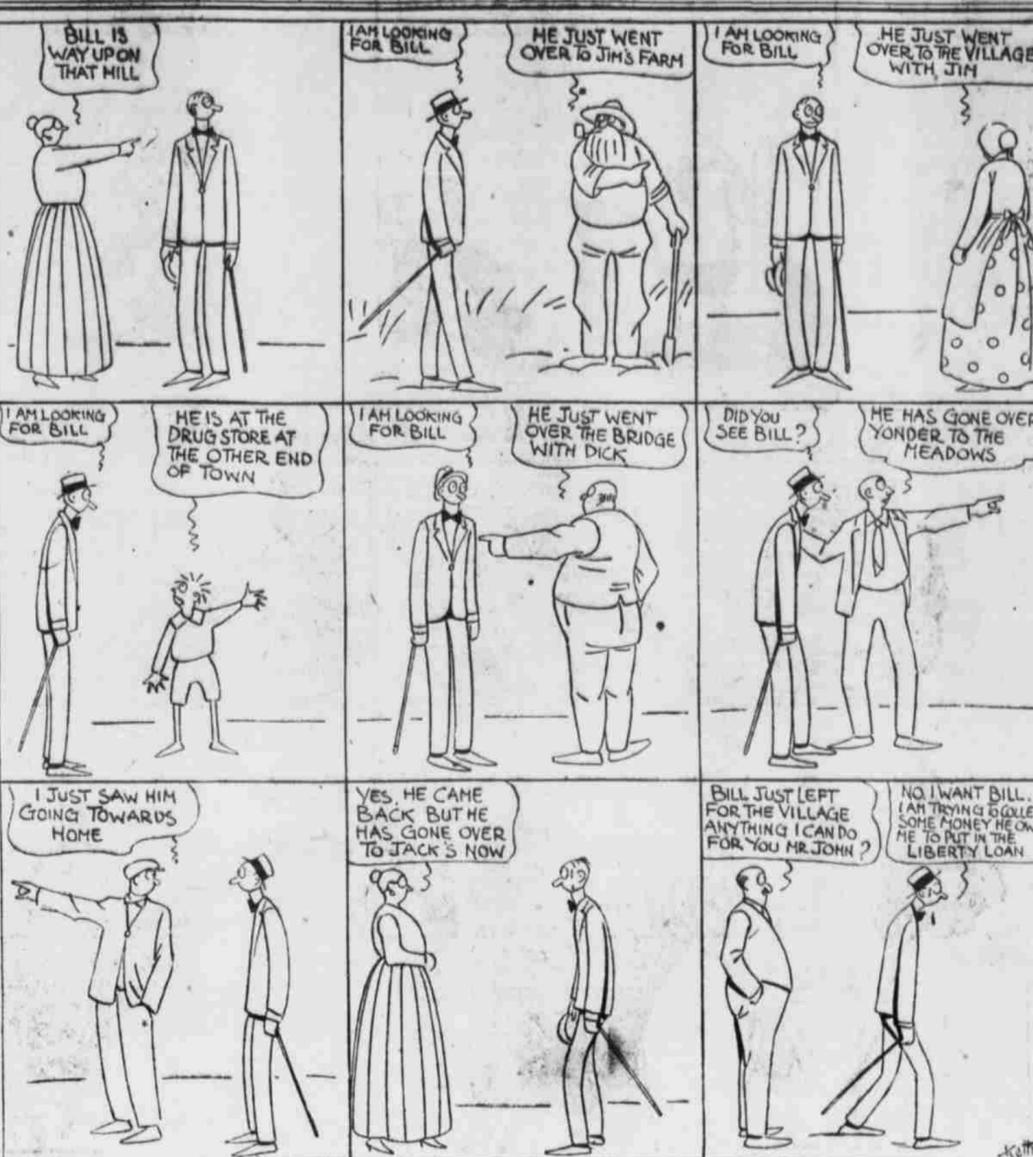
Answers to Health and Beauty Questions.

STAINS ON NAILS—EMMA R.: To remove stains on nails add a few grains of borax and powdered pumice to a bottle of lemon juice, mix well and keep corked ready for use. Apply and let remain on the stains and dry in well. A fine gloss may be given to the nails by applying a little of the following mixture: Glycerine and powdered pumice, mixed to a paste and applied with the buffer. This also makes the nails beautifully smooth.

Answers to Queries.

To Miss J. H.—Use net for waist gathered over a net foundation. To Miss E. H. T.—Use to-day's design with white collar and cuffs and piping.

The Day of Rest 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. THESE days of beautiful spring are days that the poets laud and women meet with resignation, but not always enthusiasm.



DAYTIME DRESS FOR CITY OR COUNTRY. The front yoke, the band on the tunic and the straps at the belt are on the crosswise, which with the plain white hemstitched collar and deep cuffs, achieve an unusually attractive effect.

A Soldier of Manhattan In Which an American Helps the King's Men to Take Canada By Joseph A. Altsheler

cent, gleaming multitude, flashing under the bright sun with all the colors of the rainbow. Ahead of us was a field covered with fallen trees, looking as if a hurricane had swept over it, and on the far side of the open, running along the crest of the ridge, was a breastwork, or abatis, the white uniforms of the French lining it in a triple row. Beyond that ridge lay Ticonderoga, but the breastwork must be taken first.

THE FILM OF FEAR Showing How a Detective Unravels the Web of Danger About a Beautiful Actress Will Begin on This Page May 21

Answers to Queries. I am anxious to get a blue taffeta dress, but really don't know what style to get me. It is for afternoon wear right now, without a coat. I am forty years old, 5 feet 2 inches tall, and weigh 115 pounds.



Fashion Editor, Evening World: I am anxious to get a blue taffeta dress, but really don't know what style to get me.

Would you kindly suggest a pretty style and material for a dress to be worn in the street? I do not want it dressy, rather prefer it sporty. I am eighteen years old, have brown hair, blue eyes, pale complexion.



Fashion Editor, Evening World: I have 4 yards very fine handkerchief linen which I would like to use for a best summer gown.

HAD TO STOP SOMEWHERE. "A LICE," said Mr. Goodthing, "will you give that young man of yours a message from me?" "Why, yes, father," said Alice, blushing.

ABOUT CORSETS—FRANCES N.

It is not necessary to have the corset high in the back and it is purely a matter of choice. I suppose I know little about corsets of any kind, except that they should not be worn uncomfortably tight nor used as a constant support for the back.

WATER DRINKING IN MORNING—MRS. F. T. K.

Water in the morning, inside and out, will do more good than anything else.

Use Sour Milk and Avoid Waste

Don't throw away small quantities of "left over" milk. Even "turned" milk is good for something. In fact, every drop of milk in the bottle can be utilized.

NEED BROWN BREAD.

Two and a half cups Graham flour, one cup flour, one teaspoon soda, half teaspoon salt and two heaping tablespoons sugar.

STRAWBERRY SHORTCAKE.

Sift together twice two cups flour, half teaspoonful salt, half teaspoonful soda, two teaspoonfuls sugar and a dash of nutmeg.