

U. S. Army Exercises And First Aid Lessons

Published by The Evening World to Help Men and Women Prepare for Any Call to Service.

FOURTH SET—Leg Exercises Nos. 23 and 24.

Cross-Step Walking.

STAND with the hands on the hips and walk forward, crossing the right leg far over the left one, as shown in cut No. 23, and the left over the right one on commands.

Foot Raising. Assume "at command" position and when commanded raise first the right knee, grasping the heel in the palms of the hands, as shown in cut No. 24; lower and then do the same with the left foot.

FIRST AID LESSONS.

No. 11—The Bones of the Trunk.

THE SPINAL COLUMN supports the head and ribs and is composed of a number of bones called vertebrae, which have a softer substance between them called cartilage.

THE RIBS form the greater part of the walls of the chest. There are twelve in number, ten of which are united to the spinal column in the back and to the breast bone in front.

THE BREAST BONE or sternum is a flat, dagger-shaped bone forming the front of the chest and its object is to inclose the chest and support and strengthen the ribs and collarbone, to which it is notched above on either side.

THE PELVIS supports the trunk and forms joints with the lower limbs. It is composed of four bones and forms a strong sort of basin in which are supported the abdominal organs and upper soft parts of the body.

In the next lesson I shall tell about the bones of the upper and lower limbs, which are an important study for the first aid student because they are easily and frequently fractured.

Answers to Health and Beauty Questions.

TIED EYES—MIRIAM R.: Since you use the eyes all day, you should try to take trips through the suburbs at times and use them for long distance looking, which is highly recommended by eye specialists for those who use their eyes in tedious work through many hours of the day.

SALLOW AND MUDDY SKIN—MRS. WALTER F.: This condition of the complexion shows poor circulation, poor digestion, ill health and is not natural. Keep the body clean with plenty of water, inside and out.

DUMB-BELLS FOR MAN—H. G.: I am not sure about this, but I imagine two eight-pound dumbbells would be too heavy for ordinary physical culture exercises. For 5 feet 10 you should weigh about 155-160 pounds.

HENNA—ETHEL: Nothing will remove the henna coloring from the hair. Only time will bring it to the original shade. This is true of all dyed hair. Better let it alone while and not attempt to try another dye or stain to make it darker.

WEAK HEART—MRS. K. G.: Regular exercise, but not violent or strenuous ones, will strengthen weak heart. Stretching, relaxing easily and deep breathing will help greatly.

PROTEIN—MRS. G. F. L.: This term includes an important substance in animal and vegetable foods. The white of egg, fibrin in lean meat and sticky substance of gluten are protein. It is a gelatinous, semi-transparent substance and the essential principle of food.

DIETIC TREATMENTS FOR OBESITY—MRS. G. K. B.: These are highly effective and also have great tonic effect on the general system and nerves when applied by an experienced person. Of course diet plays an important part also, but the obesity diet is not strict and really the only healthful one for most persons past thirty.

SUPERFLUOUS HAIR—ADA E.: The local treatment is applied as follows: Take barium sulphide one part and prepared chalk, two parts. Mix.

An Easy Method of Moving a Trunk.

IN every home occasion arises when a heavy trunk or chest is to be moved from one place to another. It often is a back-breaking task which the average housewife prefers to defer until the home-coming of her husband at night.

FROM THE TEXT. HERE, Benny," said Mr. Bloomhumper to his young son, as the latter started to uruh, "are a shilling and a penny. You can put which you please in the distribution box."

Curious to know which coin Benny had given, his papa asked him "Well, papa, it was this way. The teacher said the Lord loved the cheerful giver, and I knew I could give a penny a good deal more cheerfully than I could give a shilling, so I put the penny in."

Can You Beat It!

Comic strip by Maurice Ketten. A man complains to a landlord about rising coal prices. The landlord says coal is going down. The man asks why not. The landlord says he said go to.

KING OF THE KHYBER RIFLES

By Talbot Mandy

HOW ONE MAN SAVED INDIA FOR BRITAIN—THE WAR'S MOST FASCINATING ROMANCE

CHAPTER XXVII. It was thirty minutes after the last of the mullah's men had vanished through the gate, and King's own men in dozens and twenties were scattered along the cliff-top arguing against delay with growing rancor.

There came a shock that actually averted the hill the forest. The mullahs on the path below missed her footing and fell a dozen feet, only to get up again and scramble as if a thousand devils were behind her.

There was a pause after that, as if the waiting elements were gathering strength. For ten minutes they watched and scarcely breathed. Rewa Gunga gained the summit and, dismounting, stood by King with the reins over his arm.

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BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

CHAPTER XXVIII. DOWN the Khyber have come conquerors, a dozen conquering kings, and as many beaten armies; but surely no stranger host than this ever tramped between the echoing walls.

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By Maurice Ketten

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The Home Dressmaker's Summer Wardrobe

Planned by Mildred Lodewick

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

The Evening World presents these designs by its fashion expert for the woman who would economize this summer by making her own clothes.

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A PRETTY DESIGN ANY WOMAN CAN FOLLOW.

o'clock church wedding. The bride is to wear a white satin gown with train and veil. Also should wear the two bridesmaids, wear hats, if so what sort? Thanking you in advance for information.

Bridesmaids should wear evening dresses. White hats are not necessary, they add to the picturesqueness. Broad brimmed hats of blue tulle would be pretty with blue taffeta frocks. Raincoats, washes could hold any other desired colors.

Being a reader of The World I write to ask your advice on how to make a plain blue gingham dress like example. It is for country wear. I have a high waist and a large bust for my size. Am thirty-two years old, weigh 140 pounds, 5 feet 9 inches tall. I have asburn hair and fair skin.

MRS. G. V. H.

Blue and white checked or plaided gingham for collar, pocket, &c.

To MISS M. C.—To-day's design is suitable for you. To MISS H. S.—I approve of a girl wearing hair-ribbons until she is seventeen years old.

I would greatly appreciate your advice on what to get for an afternoon dress, also the style for same. I have a net dress from last year and want this one to take the place of it for very best. Of course I often wear it in the evenings also. I am thirty-six years old, have dark brown hair, blue eyes, rather dark complexion, not much color. Am 5 ft. 4 in. tall.

MRS. D. A. W.

Light tan georgette or chiffon, with coral lace as pictured.

Will you kindly advise me as to color and material with which to trim a frock of the enclosed material—dull blue tulle printed with pink and white roses? Have brown hair, gray eyes and good complexion.

C. B. R.

Would advise plain white voile or organdy.

I would be very pleased if you would especially design for me a style for which I could use four yards of finely striped green and white voile. I don't suppose there is enough of the goods without combining some other for a whole dress. Am twenty-two years old, five feet six inches tall; very good figure.

Miss W. O.

Combine with plain white voile as pictured. Buttons covered with strips.

THE SPY By James Fenimore Cooper

A Story of New York in the Revolution Will Begin on This Page July 2

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