

U. S. Army Exercises And First Aid Lessons

By PAULINE FURLONG

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

FIFTH SET—Trunk Exercises Nos. 3 and 4.

Shoulder Circling.

ASSUME thrust position, and on command "shoulders forward," the shoulders are moved forward, then raised, then forced backward as far as possible and finally lowered.

Chest Raising.

Cut No. 4 shows a new chest raising exercise and it is a splendid one for those who assume incorrect posture in sitting and standing.



FIRST AID LESSONS.

NO. 13—The Joints of the Body.

JOINTS of the body are formed when two or more of the bones come in contact or touch each other and a smooth substance, called cartilage or gristle, covers their ends so that they may move about without friction.

Many large blood vessels and important nerves are protected on the inner and upper sides of the bones, near which they are located, and they also perform some part in the making of blood cells.

Answers to Health and Beauty Questions.

DRY, HACKING COUGH—MRS. I. K. L.: You should consult a doctor about this. Also have the lungs and tonsils examined.

REDUCE HEIGHT—N. H.: Nothing will reduce the height, though many styles of clothes make one look taller, shorter, thinner and stouter.

FATTENING FOODS—MRS. H. F. D.: Green vegetables are not fattening, neither are fruits and salads, without oil. Meat is not fattening, excepting pork.

TOO THIN—MRS. GRACE R.: The slender person must learn to rest and relax. This is the most important thing to remember, because all excessively thin persons are highly nervous, which keeps them thin.

STOOPED SHOULDERS—ALFRED M.: Braces will do you no more good than corsets do young girls, and exercises for the chest and shoulders, particularly chest raising, will soon overcome this common defect.

TIRED FEELING—MRS. W. B.: Lowered vitality, insomnia, retained waste matter in the system may cause you to feel so tired in the morning.

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Why Not?

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By Maurice Ketten



The Home Dressmaker's Summer Wardrobe

Planned by Mildred Lodewick

Copyright, 1917, by The Evening World, Inc. (The New York Evening World.) Luncheon Frocks for Resort Wear.

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

THE girl who goes on her vacation without having planned some of her frocks for special occasions will not reap the full enjoyment of her time and opportunities. An invitation for luncheon means that a girl must discard her morning sport costume that ordinarily would carry her through the meal, and don something of a more dressy character.



A DRESS FOR BEACH OR MOUNTAIN.

The slightly elongated waistline of my design is suggestive of the latest mode, and for a person requiring a lengthening line, the bands of tucks down each side of the front and back of the dress may be becoming features. The softly falling revers are flattering to any figure, and they terminate in a small collar which follows the line of the yoke in back.

Answers to Queries.

Public Editor, The Evening World: I am eighteen years of age, have black hair, rosy complexion and blue eyes. I wish to know if whether a light green or rose color linen would be more becoming to me? Also, I should like a style by which to make it, as I read your column every day. This is to be a morning dress.

To Miss B. T. G.—Use this design for your plain blue or tan pockets, collar and cuffs. I have some light blue-gray color chalice goods which I would like to use this summer. I also have eleven yards of narrow colored embroidered banding like sample which might do for trimming. I am thirty years old, 5 feet 3 inches tall and weigh 125 pounds.

Will you please advise me how to have a dotted silk suit dress made? It is a pretty light blue, and I intend wearing it in the afternoons and sometimes in the evenings. I am seventeen years old, am 5 feet 3 inches tall and quite thin.

NOTWITHSTANDING the fact that the ventures of native students into the labyrinth of English are sometimes adventure indeed, nevertheless it is the mistake of the Americans who attempt to express themselves prematurely in other languages which most appeal to our risibles. The Spanish word for son is "hijos," for "higos." One of these therefore easily understood how the following conversation might easily have taken place. A lady went to grocery store to buy figs. The cost conversation actually was as follows: "Have you any sons?" "Yes," replied the storekeeper pleasantly. "To this the man replied in the affirmative. "Very well, I will take one pound if you please," said the lady. The storekeeper is said to have replied that they were not for sale and certainly not by the pound. World Outlook.

THE SPY

A Story of New York in the Revolution

By James Fenimore Cooper

HOW ONE MAN SERVED TWO MASTERS And Tricked the Armies of Both When America Fought for Liberty

During a storm, in the year 1780, a creature who introduced himself as Mr. Harper, taken refuge in the house of a Mr. Wharton. The scene is in Westchester County, where the British and American forces were engaged in a battle. Harper is a cunning man, and he is seen to be playing a double game, serving both sides.

CHAPTER IV.

THE party sat in silence for many minutes after the peddler had withdrawn. Sarah was busily occupied in arranging her purchases, and Frances was assisting in the occupation, disregarding her own neglected bargains. Harper appeared again at the dinner table, and retired with the cloth, under the pretense of some engagement in his own room. Notwithstanding the confidence created by his manner, the family felt his absence as a relief for the visit of Capt. Wharton was necessarily to be confined to a very few days, both from the limitation of his leave of absence and the danger of a discovery. On the afternoon of the succeeding day, the party had assembled in the parlor around the tea table of Miss Peyton, when a change in the weather outside, which was gaining, and springing to the window, with delight, she saw a glimmer of sunshine lighting the opposite side of the street. The foliage glittered with the checked beauties of the October leaf, reflecting back from the moistened bougias the richest lustre of an American autumn. In an instant the pleasure which opened to the south, was thronged with the inmates of the cottage. The air was mild, balmy and refreshing; in the distance, the mountains might be likened to the retreating masses of a discomfited army, hung around the horizon in awful and impressive darkness. "What a magnificent scene!" said Harper, in a low tone; "may such a quiet speedyly await the struggle in which my country is engaged, and such a glorious evening follow the day of our adversity!" "I had flattered myself," cried young Wharton, with a laugh, "that I looked better on the canvas than in a man-of-war. You must be a close observer, sir."

Sound over the tops of the distant woods on its margin. The surface of the water which had lately been lashing the shores with boisterous fury was already losing its ruffled darkness in the long and regular undulations that succeeded a tempest, while the light air from the southwest was gently touching their summits, lending its feeble aid in stilling the waters. Some dark spots were now to be distinguished, occasionally rising into view and again sinking beneath the lengthened waves which interposed themselves to the sight. They were unnoticed by all but the peddler. He had seated himself on the piazza, at a distance from Harper. His roving eye soon caught a glimpse of these new objects in the view and he sprang up with alacrity, gazing intently toward the water. He changed his place and then said: "The riggers must be out from below." "Why do you think so?" inquired Capt. Wharton eagerly. "Then ten whaleboats would not move so fast unless they were better manned than common." "Perhaps," cried Mr. Wharton in alarm, "they are—they are Continental returning from the island." "They look like riggers," said the peddler, with meaning. "As Birch concluded, Harper turned to his host and mentioned that his business would not admit of unnecessary delay; he would, therefore, avail himself of the fine evening to ride on his journey. Mr. Wharton made many professions of regret at losing so agreeable an inmate; but was too mindful of his duty not to speed the parting guest, and orders were instantly given to that effect. The peddler now became uneasy. His glance wandered toward the lower end of the vale as if in expectation of some interruption from that quarter. At length Caesar appeared, leading the beast which was to bear the weight of the traveller. The peddler officiously assisted to tighten the girths, and fasten the blue cloak and valise to the maintraps. Every preparation being completed, Harper proceeded to take his leave. There was a mutual exchange of polite courtesy between the host and his guest; but as Harper frankly offered his hand to Capt. Wharton he remarked, in a manner of great solemnity: "The step you have undertaken is one of much danger, and disagreeable consequences in yourself may result from it; in such a case, I may have it in my power to prove the gratitude I owe your family for its kindness." "Surely, sir," cried the father, "leaving right of delicacy in apprehension for his child, you will never secret the discovery which your being in my house has enabled you to make?" Harper turned to the speaker, and answered mildly: "I have learned nothing in your family, sir, of which I was ignorant before; but your view is safer from my knowledge of his visit than he would be without it." He bowed to the whole party, and without taking any notice of the peddler, other than by simply thanking him for his attentions, mounted his horse, and riding steadily and gracefully through the little gate, was soon lost behind the hill which sheltered the valley to the northward. The eyes of the peddler followed the

retiring figure of the horseman so long as it continued within view, and as if disappointed from his sight he gazed after him with a look of apprehension. Then he turned to the other visitor. "Capt. Wharton, do you go in tonight?" "No," said the Captain laconically, looking at the lovely burdens held on either arm. "Mr. Birch, would you have me leave such company so soon when I may never enjoy it again?" "Brother!" said Frances, "jesting on such a subject is cruel." "I rather guess," continued the peddler coolly, "now the storm is over the Skinner's may be moving; you had better shorten your visit, Capt. Wharton." "Money could not liberate Major Andre," said the peddler dryly. "Both the sisters now turned to the Captain in alarm, but he would not change his resolution. "Capt. Wharton," said the peddler with great deliberation and marked emphasis, "beware a tall Virginian, with huge whiskers. He is below you, to my knowledge. The devil can't deceive him; I never could but once." "Let him beware of me," said Wharton, haughtily. "Money could not liberate Major Andre," said the peddler dryly. "Both the sisters now turned to the Captain in alarm, but he would not change his resolution. "Capt. Wharton," said the peddler with great deliberation and marked emphasis, "beware a tall Virginian, with huge whiskers. He is below you, to my knowledge. The devil can't deceive him; I never could but once." "Let him beware of me," said Wharton, haughtily.

FIVE FRIDAYS + By Frank R. Adams The Story You Must Read on Your Vacation Begin It Here Monday, July 16