

Vacation Beauty Hints And First Aid Course

By PAULINE FURLONG

What to Eat, How to Exercise, and What You Should Do to Get the Most From Your Outing.

Proper Diet for These Hot Days. What to Eat, How to Exercise, and What You Should Do to Get the Most From Your Outing.

W hat all know that foods are eaten to produce heat and energy for the body. Therefore the quantity eaten should be greatly diminished during the summer months.

Foods which are in season should constitute a very large portion of the diet in hot weather. Seasonal fruits and vegetables and juicy fruits satisfy the sensation of hunger without taxing the digestive organs and overloading the stomach.

FIRST AID LESSONS.

No. 37—Fracture of the Lower Leg.

Fracture of the lower leg is not a difficult injury to detect. The injured person cannot move from the spot on which they fell. Send for a doctor at once and treat as follows.

Do not move the injured person unless absolutely necessary, in which case use two splints, preferably made of wood, longer than the leg, in order to prevent movement at the knee joint.

The person treating the injured one should gently draw the fractured limb into natural position and then apply the splints outside of the pillow, one at the inner and the other at outer side of the leg and hold them in place with handkerchiefs, or strips of cloth placed around the splints and tied.

Answers to Health and Beauty Questions

HIVES—AGNES D.: Errors in diet cause these and the foods which bring about this annoying condition should be avoided at all times. Drink much water and eat lightly or, better still, take short fasts.

ARM AND LEG TWITCHING—MRS. FRANK F.: Faulty digestion causes this, since you say it occurs only after eating. Heavy meals at night cause the morbid dreams.

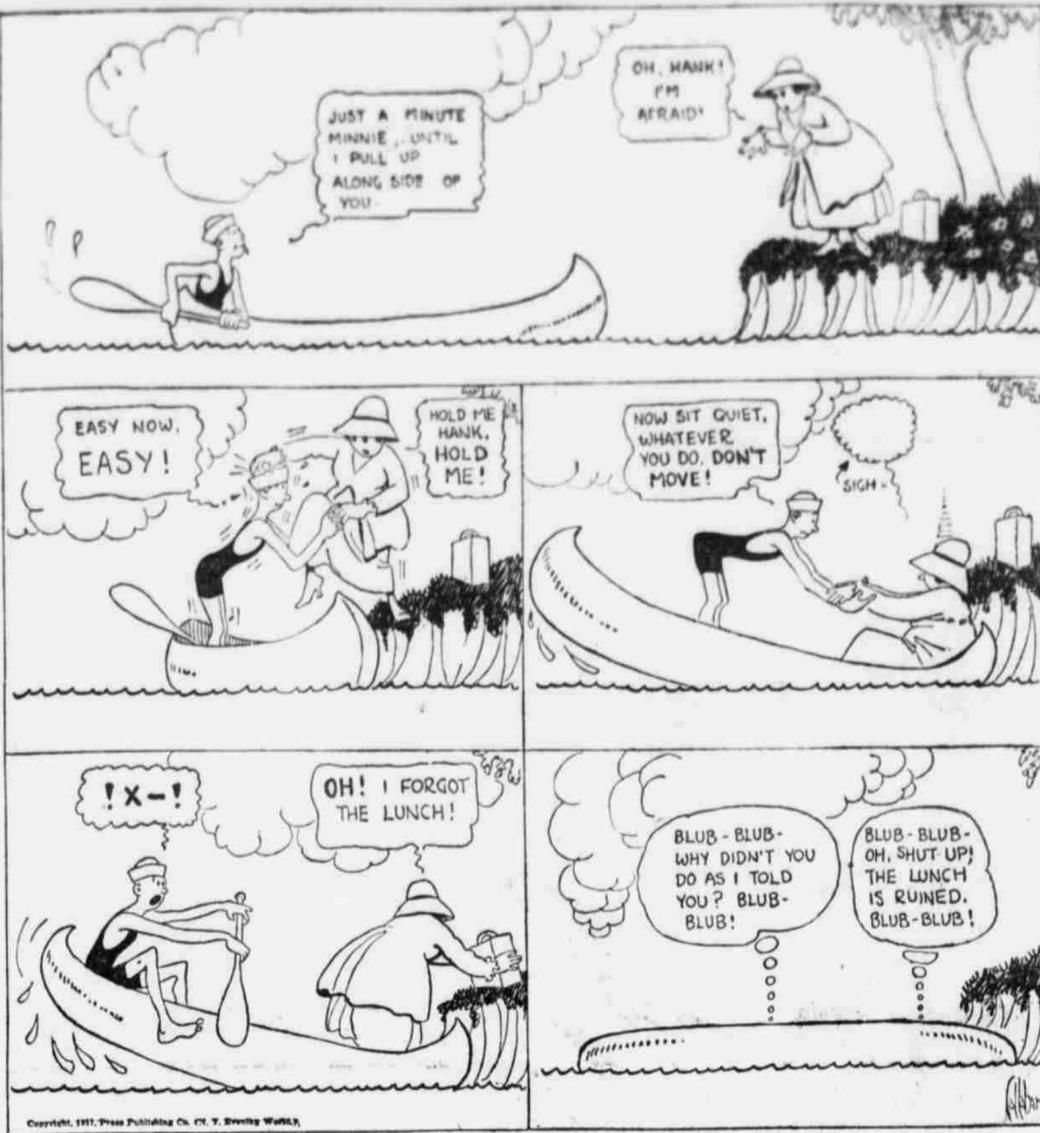
ACIDITY—MRS. K. H.: I cannot recommend any drugs for acidity or other troubles because I am not a doctor. Some drugs overact on this condition temporarily, but only irritate the system and exaggerate the condition later on.

Facial Correction—MRS. FRANK F.: Those past early youth find it difficult to draw the lines and sagging jaws, but these disfigurements can be removed through surgery.

Famous Women. ONE of the most remarkable of all the court ladies of England was Christobilla, Viscountess Bay and Sole, who died in 1789 at the age of ninety-five.

Mid-Week Movies

By Jack Callahan



The Home Dressmaker's Summer Wardrobe

Planned by Mildred Loderick

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

A Pretty Blouse for Varied Wear.

THIS pretty blouse has always been one of those clinging articles of clothing that one could with impunity take to almost any occasion, resort and not be sorry.

This year, however, Dame Fashion has become strict and hardhearted and passed a rule that fastidious women should not make use of one and the same costume for varying sports.

As I have said, the chief charm of the midday blouse in the supreme comfort and universal becomingness, so I am offering a design to-day which is built along the lines of the midday to the extent of retaining that garment's appealing qualities, but which achieves a distinct individuality of its own.

The chemise blouse is made with a low yoke back and front, with the section below it in one piece to the bottom. A 2 1/2 inch belt confines the fulness at the waistline, being pulled through straps which are placed a little low so as to make the upper part blouse over the belt slightly.

Answers to Queries. Fashion Editor, Evening World: Am a girl of twenty years, short and rather stout, and am thinking of getting a seal coat, with large



HOT-DAY GARMENT FOR HOME SEAMSTRESS TO MAKE.

shawl collar. Can you suggest a fur for the collar? I have a skunk fur set, so I would like something different for coat. With thanks, MISS S. W.

Will you please be so kind as to sketch a style for a cloth dress? What color would you suggest? Am 22 years of age, look younger, am 5 feet 1 inch in height, weight 95 pounds. Am brunette, fair skin and very little color. I am very anxious to get something pretty and will await your advice. MISS C. K.

Rose and white dotted foulard would complete a pretty costume. Fashion Editor, Evening World: I have a full skirt three yards wide of rose mouton and would like to make up a waist to go with it as a shirtwaist dress. What material would you suggest for it? Am tall and slim, so will have tucks in waist and pockets in skirt. Anxiously awaiting your suggestion. MISS O. J. G.

I am desirous of having a summer coat made. It is to wear at a summer resort over afternoon and evening dresses. I thought of getting silk poplin. What do you say? Would appreciate your suggestion. MISS F. H.

I have a pretty remnant, 3 yards, of gray voile dotted with blue and would like to combine it in some way for a pretty afternoon dress. I am not good looking so try to have nice clothes by making them my self. I have brown hair. I am forty years old, with gray eyes, unusual complexion, brownish-gray hair. I am sure that you can help me with a design, and I shall be very appreciative. MISS T. D. H.

You would have an unusual and pretty dress if you could match your goods with plain gray voile. If not, you could doubtless match it in a darker or lighter shade. Emerald green satin bindings, white net collar. Fashion Editor, Evening World: I have a pretty remnant, 3 yards, of gray voile dotted with blue and would like to combine it in some way for a pretty afternoon dress. I am not good looking so try to have nice clothes by making them my self. I have brown hair. I am forty years old, with gray eyes, unusual complexion, brownish-gray hair. I am sure that you can help me with a design, and I shall be very appreciative. MISS T. D. H.

MY FOURTEEN MONTHS AT THE FRONT

LIFE IN THE TRENCHES FROM DAY TO DAY Told by William J. Robinson An American "Tommy" Who Has Seen It All

Copyright, Little, Brown & Co. SYNOPSIS OF PRECEDING CHAPTERS. William J. Robinson, the author, goes to England on a business trip and catches the war fever. He is transferred to the job of driving an automobile and gets his first glimpse of war.

CHAPTER IV. (Continued.)

SOON after this I received orders to proceed by automobile to Aire and wait for instructions there. Aire was at that time the headquarters of the Indian contingent, and I was anxious to see the Indians in action. After two days' waiting I got orders to go to Hoescheppe and report myself for duty to Lieut. McNulty.

Hoescheppe was not far away, so I started at once and arrived before dark. I found Lieut. McNulty with only two troops, and he told me to report to him again the next morning, as he would not want me that day.

I found a cafe where there was room for me and I made myself comfortable. The place was full of Indian troops and I was very much interested in them, as they were the first I had seen in France.

That night I went around the village to see all there was to be seen, and unintentionally I stayed out after a o'clock. I was making my way back to my billet along the middle of the road. It was as dark as pitch and I couldn't see a yard in front of me.

Then a light shone in my face and I saw it was a great big Sikh on uniform. As soon as he saw my uniform it was all right, but I was shivering for half an hour, and I vowed I'd never go prowling around at night again as long as I remained within the Indian lines.

The Indians are the most religious people I ever saw; they seem to live only for their religion, and all their actions are governed by it. Their

belief in warfare is to ask no quarter and to give none. They will fight until the last gasp.

The Gurkhas pray to their "kurris," the most murderous looking knife I ever saw. They never draw that knife without they spill blood, and if you want to see one of the weapons you must let them cut your finger before you may look at it.

A regiment in the trenches started "My Old Kentucky Home." The men were getting well along with it when some one in the German trenches joined the singing in just as good English as any of us could speak.

During the night a couple of our chaps crawled up almost to the German parapet, and with them they took a phonograph and a record. They wound up the machine, put on the record and attached a piece of string to the starting lever.

During the few weeks directly after Christmas I was in the trenches south of Ypres most of the time. When on duty in the daytime it was not so bad, but the nights were awful. The Germans had the advantage over us, in that their trenches were on higher ground, and they drained all the water down into our own.

I noticed in my diary, which I kept from time to time, that I enjoyed an incident which shows our state. I will quote you just what I wrote: "Dec. 27, 1914—Was talking with two boys of the Royal Scots to-day.

They have just come down from the Holbeke trenches, and they are in terrible condition. Their casualties during the last engagement were light, as they only lost four killed and nineteen wounded, but forty-two died from exposure.

"One poor devil tells me that he has three brothers and fifteen cousins in his battalion. Two of his brothers died during the past two weeks. One stopped a bullet, but the other one drowned right by his side in the trenches and he was unable to aid him.

"A lot came in on their hands and knees and many came dragging themselves on their stomachs through the mud. It was terrible.

One of the saddest things I have ever seen is the last roll call of a regiment which has been cut to pieces. I saw one regiment go into action for the first time.

One day I went to some trenches our division had just taken over. The water was above our knees, and there was also about a foot of soft mud in feeling around for a firmer foothold, my foot struck something more solid than the ground around me.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

CHAPTER VI. At this time the Diekebusch-Holbeke road was alive with snipers. In some way they would get through our lines, and secrete themselves about the road where they could pick off individuals without much fear of being seen.

THE GREEN-GOODS KING By Arthur B. Reeve Another Fascinating Story of Craig Kennedy, the Scientific Detective WILL BEGIN ON THIS PAGE MONDAY, AUG. 13