

Pauline Furlong's Daily Article on Beauty and Health

If You'd Keep Well, Stop Excessive Eating, Breathe Deeper and Take More Exercise; You'll Avoid Sickness by Preventing Its Causes.



THE skin, lungs, bowels and kidneys are the four important avenues of escape for the waste matter which collects in the system through undigested residue and tissue change, and if they are not kept clean and in condition to perform their functions the body becomes an easy prey to various ailments.

Answers to Health and Beauty Questions

POISON OAK AND IVY—MRS. DANIEL M.: The best home remedy is frequent bathing of the parts with boric acid solution, followed by ordinary zinc ointment smeared on, which is very soothing and healing to the irritated skin.

Wash off either ointment used with one of the two solutions given each day and apply more of the salve. Make the boric acid solution very strong, using more than the water can absorb.

PRICKLY HEAT—GERTRUDE R.: Prickly heat is a well-known skin disease caused by the heat. It is highly irritating and most frequently occurs on children. Too much clothing, heating foods and drinks, too much exercise, with insufficient action of the sweat glands are the causes of prickly heat appearing and it can be avoided with just a little care.

To treat prickly heat bathe the parts with a solution of the following mixture: One part water

to three parts alcohol, and then dust with talcum powder.

Another effective remedy for this skin disease is a mixture of one ounce of lime water with two drops of carbolic acid. This lotion numbs the nerves of the painful skin and should be applied over the irritated surface after bathing.

TOO FAT—MRS. G. H.: We are all out of the obesity diet book copies. Avoid starches, sweets and pastries. Exercise the muscles of the trunk at least ten minutes several times a day.

EATS RAW POTATOES—MRS. H. N.: If you can digest so much starch I do not think the raw potatoes will do you much harm. Be sure to wash them clean before eating them.

PROTRUDING EARS—ALFRED T.: This deformity can be corrected by surgery. It is a simple operation and practically painless.

LARGE THIGHS—C. L.: No rolling is not to reduce the thighs. This is for large hips. Leg clothing reduces the thighs. Stationary running is also good for large thighs and hips.

Camouflage Cooking By Maurice Ketten



The Evening World's Original Designs for The Home Dressmaker

Conservative but Dressy Outfit Which Can Be Made Economically—Style and Good Taste Combined.

By Mildred Ludwick

THIS is a frock in the conservative line in its acknowledgment of the mode, yet ably counteracting it with the approval of any woman who would be well advised without being overdone.



PRETTY FALL FROCK THAT ANY WOMAN CAN COPY.

The back portion is in the latest from the rack down, laid in four inverted saffron, which give a decorative, slender and youthful appearance. They are attached flat to where the armholes appear, but are allowed their freedom the rest of the way.

This frock seemingly defies the aid of trimming for its title of distinction, even the cord and tassels which strap the back being placed where a belt ought to be. The slashes which appear across the front cannot be proven to have been done with the frock's recognition, yet arrows, whose decorative merits can not be doubted, are effectively placed

The Housewife's Scrap-Book

Helpful Suggestions Worth Filing for Ready Reference.

To Make Jelly "Set"

If your jelly will not set after standing twelve hours place the uncovered jars of jelly into a pan of boiling water and set in open top about three-quarters of an hour. Another method is to stand the uncorked jars where the bright sunlight will shine upon them for a few hours.

How to Test Silk

When you decide to buy a silk dress ask for a sample and test it. To do so burn it. If it burns out rapidly and the ashes are gray, clear and crisp, you are safe in purchasing the silk. If it smolders and the ashes are heavy and reddish-brown, you can rest assured the silk has been chemically treated and will not give satisfaction.

To Keep Cut Flowers

To keep cut flowers add salt to the water, or a piece of gum camphor will answer the same purpose. Each day cut off a half inch of the stem.

Heat Your Bread Knife

If you heat the bread knife when cutting rye bread you will have no difficulty in cutting even slices.

Shrimp and Ounce Salad

Salads make an ideal warm weather luncheon. Any fine combination of shrimp and oysters, coupled together and add the mayonnaise, serve on lettuce leaves.

To Wash a Clothes Line

A good way to wash the clothes line is to wrap it around the washboard and scrub it in soapuds.

To Remove Grass Stains

Try camphor to remove the grass stains from your white canvas shoes and other white wearing apparel.

Stove Polish

Add a few drops of glycerine to stove polish to give it a fine luster. A little sugar and turpentine will give a high polish and has special lasting qualities. Of course, turpentine must not be applied to a stove with lac in it.

Maxes Brooms Last Longer

A broom will last much longer if the bristles are not set in water for a week. Washday is a good time for this, as the water is in just the thing.

To Brighten Carpets

Before sweeping carpets and rugs sprinkle them with salt and then sweep. It is a good way to make use of the latter and it will brighten the carpet wonderfully.

Cleaning Window Screens

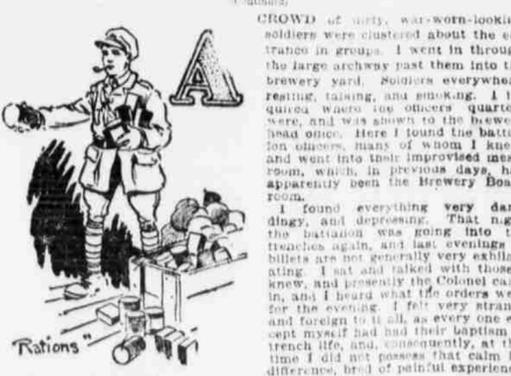
When cleaning just brush the window and door screens thoroughly, then wipe over with kerosene. It will make them look like new and the dirt and other insects will avoid the surface as long as the odor remains.

BULLETS AND BILLETTS By Bruce Bairnsfather

A Real Story of Life in the Trenches With Sketches by the Author Mr. Bairnsfather, an English Artist, Is a Captain in the English Army

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CHAPTER II. CROWD of dirty, worn-looking soldiers were clustered about the entrance in groups. I went in through the large archway past them into the brewery yard, soldiers everywhere, resting, talking, and smoking. I inquired, wanted the officers' quarters were, and was shown to the brewer's head office. Here I found the battalion officers, many of whom I knew, and went into their improvised mess-room, which in previous days, had apparently been the Brewery Board Room.



And now the time came to start off. I found the machine-gun section in charge of a sergeant, a most excellent fellow, who had looked after the section since the officer whose place I had come to fill had been wounded. A little over from him, and as the battalion moved off along the road, fell in behind with my latest acquisition—a machine-gun section, with machine guns to match. It was quite thick now, and as we neared the great Bois de Plougastel, known all over the world as "Plougastel Wood," it was nearly night. The road was getting darker, and the houses dotted about in dark silhouette against the sky-line had a curiously deserted and worn appearance. Everything was looking dark, lamp and clear.

On we went down the road through the wood, stumbling along in the darkness over the shell-battered track. A weird noise occasionally floated through the trees; the faint "crack" of a rifle, or the rattle of machine-guns. A distant light flickered momentarily in the air, cutting out in bold relief the ruins of the shattered chateau on our left. On we went through this scene of desolation, past the occasional mounds of former

CHAPTER III. A extraordinary sensation—the first time of going into trenches. The first idea that struck me about them was their haphazard design. There was, no doubt, some very excellent reason for some one or other making those trenches as they were, but they really did strike me as curious when I first saw them.

It was a long and weary night, that first one of mine in the trenches. Everything was dark and wet, and noisy. First of all, I had to go and fix up my machine gun at various points, and had places for the gunners to sleep in. This was no easy matter, as many of the dug-outs had fallen in and showed off down stream. I was fared with making a dug-out, and it was raining, of course. (Note—Whenever I don't state the climatic conditions, read "Raining.") After sloshing about in several primi-

live trenches in the vicinity of the spot where we had fixed our machine-gun post on, my sergeant and I discovered a sort of covered passage in a ditch in front of a communication trench. It was a sort of emergency exit back from a row of communication, water-logged, hovels to the ditch to the communication trench. We decided to make use of this passage, and arranged things in such a way that by creeping out the clay walls we made two rows, one behind the other. The first one was about five yards from the machine-gun, and you reached the bank by going through the outer one. It was being about 11 P. M., and having been for the last five hours pouring with rain, the ground was very muddy. In the narrow space beside my equipment, revolver, and sash-belt of cartridges. Everything damp, cold, and dark; candle-end

CHAPTER IV. My machine-gun section for the gun near by lay in the front cave, a couple of feet from me; their spasmodic talking gradually died away as, one by one, they dropped off to sleep. One more impatient, hopeless glare at the flickering candle-end, then I pinched the wick, curled up, and went to sleep.

A sudden cold sort of peppermint sensation assailed me; I awoke and found myself lying on my back, my head cushioned off the clay ceiling, so I partially had to lie down again.

I attempted to strike a match, but found the whole box was damp and soggy. I heard a muttering of voices and a curse or two in the outer cavern, and presently the sergeant entered my section on all fours.

"We're being flooded out, sir; there's water a foot deep in this piece of ours."

That explains it. I feel all round the back of my greatcoat and find I have been sleeping in a pool of water. I crawled out of my inner chamber, and the whole lot of us dived through the rapidly rising water into the ditch outside. I scrambled up onto the top of the bank, and tried to focus the situation.

From inquiries and personal observation I found that the cause of this tide rising was the fact that the engineers had been draining the trench in the course of which process they had apparently struck a spring of water.

We accepted the cause of the disaster philosophically, and immediately discussed what was the best thing to be done. A portion of some sort was urgently necessary, as at present we were all sitting on the top of the mud bank of the ditch in the silent, steady rain. Having found an empty ration box and half a bag of coke, we started on the job of trying to fence off the water from our cave. After about an hour's struggle with the elements we at last succeeded, with the aid of the ration box, the sack of coke and a few links of bully, in reducing the water level inside to six inches.

Here we were, now better than ever, cold as Polar bears, sitting in this catacomb at about 2 A. M. We looked for a fire, a few stragglers behind us. We had a few links of bully and started life as a "bunk" in a few bits of damp wood, but a "bunk" was not course a bunk. The "bunk" was of course a hole in the ground, and we had a few links of bully and started life as a "bunk" in a few bits of damp wood, but a "bunk" was not course a bunk.

The Germans seemed to have a rooted objection to that chateau. Every morning, as we crouched in our mud den, we heard those "Crump" and soon got to be very good judges of form. We knew they were shelling the chateau. When they didn't shell the chateau, we got it in the trenches; so we looked on that dear old mangled wreck with a friendly eye that tapered, twisted, perforated spire, which they never could knock down, was an everlasting bait to the Boche, and a perfect raty godmother to us.

(To Be Continued.)

A COURTSHIP IN DISGUISE

A Whole Ocean Was Hardly Big Enough for This Rapid Fire Romance

Begin the Story on the Home Page Monday, Sept. 24

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THAT ASTRONOMICAL ANNOYANCE, THE STAR SHELL, WHICH MOMENTARILY ENABLES YOU TO SCRUTINIZE THE KIND OF MUD YOU ARE IN.

Questions and Answers

Editor, Evening World:

Will you kindly suggest a style in which to have a sage green wool sponge dress made? I am just five feet tall and inclined to be stout. I am very anxious to have this dress becoming, and will thank you for your help.

MISS J. E. H.

Have a panel from shoulders to top of hem edged with six rows of navy blue soutache braid. Slashes at the waist line allow the braided belt to pass through. A narrow white satin collar crosses to left side where dress opens. Two rows of braid around low arm holes. Long tight sleeves braided at wrists.

Editor, Evening World:

I have about 2 1/2 yards of purple chiffon velvet, 40 inches wide, and would like a smart dress that could be worn to informal affairs, theatre, etc. Am 5 feet 3 inches tall, hip 42 inches. Am a blonde. Any suggestions will be thoroughly appreciated.

MISS H. H.

Have wide shoulder straps of velvet connect with skirt of velvet, which reaches to hips only. A bodice and upper skirt of self color satin. Embroidered collar, three gold embroidered cuffs, securing each strap to girdle. Velvet cuffs on satin sleeves. Lace collar to outline surplus crossing.

Umbrella Handle Not Freak of Nature but Grown That Way

It is a mistake to state that all the umbrella handles, with their links and twists and bends, are freaks of nature; they are, on the contrary, the result of careful training on the part of some umbrella farmer. A moment's thought and you will admit that, in all your rambles through the woods, you never saw anything like the handles on dollar umbrellas obtainable in the city.

In France there is a plantation of several hundred acres devoted entirely to the raising of umbrella handles, canes and rolling whips, says Popular Science Monthly. The artificial handle grower cuts the trees a little above the ground level and a number of saplings sprout from the roots. Then the buds of these sprouts are nipped off. By cutting the bark and training the shoots, almost any variety of handle may be produced.

After two or three years the crop of umbrella handles and walking sticks is harvested and after the necessary treatment the product is ready for the market.

If you feel that the raising of beans and potatoes is too prosaic, try the artistic cultivation of original designs in umbrellas and canes.

SEE OUR NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.