

The Pauline Furlong Women's National Army For Health

MOST cashiers complain of two things—backache and excessive growth of the hips. For this reason they must work at home as well as during luncheon hour, before and after working hours, to overcome these two conditions.

Rolling should be practiced at night, with closed fists on front of chest to protect the breast, feet together and a loose gown which does not restrict the body movements in any way.

Hope-sipping is another good exercise for women who are compelled to sit all day long, and this strenuous pastime is also beneficial in drawing the blood down from the brain, which induces sound sleep.

Allow the entire luncheon hour for brisk walking in the cool fresh air and breathe as deeply as possible the entire time. Notice how refreshed you will feel when you return to your place of business and how much brighter you remain the entire afternoon than on the days when you had spent the luncheon hour in some hot, stuffy lunchroom indulging in a heavy meal.

If you must eat lunch, let it be light—a salad, egg malted milk, graham crackers and milk, or just fruit, if you are fat, and consider every minute that you do not use for walking and deep breathing in the fresh air as time lost, for this will do you much more good than just eating.

You do not need much food if you occupy a position which calls for little or no physical exertion, and you must understand that when the body is clogged with food which it does not need for its growth and upkeep a great tax is put upon the digestive and eliminative organs in an effort to get rid of the excess, which ferments and poisons the system, causing many common disorders, like constipation, indigestion, torpid liver, etc.

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Why Not Military Styles? By Maurice Ketten



A COURTSHIP IN DISGUISE By E. J. Rath

Trask was deserted and likely to be ill-lighted later on. Here Keeler chained up the chair, against any possible return of his juggernaut antics. The darkness had settled down and the Gulf Stream was furrowing her way southward through a smooth sea. The air was soft and heavy. There was a faint moon crescent, making ready to follow the sun down behind the uttermost rim of the water. A night of nights, thought Trask.

Two Fur Trimmed Capes For Fall Days



THE various styles of fur which have crested the fashion this year, it would seem to those who have followed its trail, three years ago for made a modest entrance into popular favor as collars and cuffs on coats and suits, but has gradually become bolder, so that today collars and cuffs are not only enormous in size, but separate scarfs that used to be mere stores to wrap about the throat have evolved into capes and tiny jacket affairs.

Answers to Health and Beauty Questions.

TOOTHACHE—H. V.: Spirits of camphor applied on a puff of cotton will bring temporary relief, but you will have to consult a dentist and remove the cause of the trouble.

GRAY HAIR—MRS. B. G.: The walnut stain is made as follows: Get half a pound of dried black walnut shells in the drug store and cover them with one pint of hot water. When cold, strain through cheesecloth and brush the liquid on clean hair. No stain will color hair which is oily or soiled. This is a stain and will rub off, but it is vegetable and harmless.

SULPHUR FOR BURNING FEET—MRS. H. E.: Yes, many persons get much relief from burning feet by sprinkling sulphur on the soles of their feet after bathing.

PERSPIRES TOO FREELY—MRS. C.: This is a healthy condition and should not be checked. Absolute cleanliness will make excessive perspiration less objectionable, but the daily use of soap and water and a good deodorant is also essential.

LARGE PORES—AMELIA B.: Wash the face with glycerine soap and water and do not use cold cream, alcohol and witch hazel, equal parts on a puff of cotton, applied to the large pores, will greatly reduce them. Do not use any grease.

ALMOND MEAL—MRS. H. F.: Almond meal is cleansing and bleaching. It is used in place of soap, by those whose skin is dry and inclined to wrinkle.

ALUM SOLUTION FOR FLABBY SKIN—MRS. D. B.: Use two tablespoonfuls powdered alum and one pint hot water. Let stand over night and then strain through gauze. Mop this on the flabby chin several times each day and let dry on. Alcohol and alum also make another good astringent for the same purpose. Use one teaspoonful powdered alum and two ounces alcohol.

HANDS AND FEET SWELL—MRS. K. H.: Kidney trouble, rheumatism, dropsical tendency and other conditions may cause this. It is not natural and you should consult a doctor at once.

CONSTANT HEADACHES AND DIZZINESS—MRS. G. T.: Liver troubles cause this and the sluggish liver is responsible for most headaches, tired feeling, fatigue and skin eruptions. Exercise is better than any drug, and proper diet and water drinking will soon bring the liver to normal.

NIGHTMARE—MRS. D. V.: Indigestion and constipation cause this. Avoid late suppers and keep the system clean. Get really tired before retiring, in order to encourage sound sleep. Morbid dreams are caused by nervous disorders and indigestion and should not be treated with drugs. If somnolent and nightmares can never be cured with medicine.

HOW TWO WOMEN LOVED ONE MAN WHO WAS REALLY SOMEBODY ELSE The Cleverest Story of the Year

CHAPTER VIII. (Continued.) WHEN Trask had succeeded in directing Aunt Mehetabel's interest along a new line, he was doubly relieved to see Miss Kent approaching. She saw his predicament and helped him to get rid of the dragon.

CHAPTER IX. Trask it was a maddening thing that Keeler could dance and play while he, an involuntary invalid, must sit tight in a wheel chair and go perambulating about the deck. So he waited in his state room for the recreant Keeler with just a little resentment. The hankering nurse was compelled to admit after a good deal of evasion that he had been dancing. The little interview put the two on a better basis, and made Trask feel more secure about the phantom bullets. Also it made him long for a taste of life in the second cabin and perhaps a dance with the girl of the brown hair, who Keeler admitted to be a Miss Sands.

CHAPTER X. Trask was in no mood to risk argument over a violation of the ship's rules. He retraced his steps to the head of the staircase, where he paused to consider the situation. Then he remembered the break in

Little Aids From Science and Invention

Piping Automobile Engine Exhaust Gas From Garage. APHYXIA caused many deaths in garages before it became generally known that a garage must be well ventilated and the doors kept open if the automobile engine is left running any length of time. One owner of a private garage avoided the necessity of keeping the doors open by piping the exhaust outside, as shown in the illustration. An old drain pipe was used for the purpose. It was connected in such a way that when the automobile was backed into the garage the end of the exhaust pipe entered the end of the drain pipe. This led down to the floor where a long piece ran through the wall to the outside and carried all unpleasant or dangerous fumes to the outside, leaving the interior free from the poisonous carbon monoxide gas.

Don't Drench a Plant; Water It Drop by Drop. LUCIEN DANIEL, a French botanist, has discovered that young hothouse plants and slips of vegetables, as well as flowers, thrive far better by a system of continuous watering than by drenching the soil

at stated periods. The new method depends upon the law of capillary attraction. Near each plant is placed a jar containing water, into which is slipped one end of a strip of linen or cotton, whose other end lies near the plant. With this uninterrupted supply of water, drop by drop, the plants thrive, greatly outdistancing other plants which were submitted to an intermittent drenching.

A Convenient Pivoted Card File for the Desk. FILING systems are necessary in all lines of business, and for convenience of small accounts or for data a single tray is often applicable. The desk tray illustrated is especially designed and it fits into a slide made for it, so that it is never in the way. Another feature of the tray is that it turns on a pivot and the cards face the person sitting at the desk. Plunged bottoms hold the guide

purpose, as the desk-top must be raised at times to gain access to the contents within. The illustration shows how a permanent clip or holder can be made of a piece of light brass wire and spring and placed on the desk-top. A small hole sufficient to take the wire size is drilled down through the desk-top. It is in no way interfered with the opening and closing of the desk-top. (Reprinted by permission from Popular Science Monthly.)

Answers to Queries

Please tell me what colors are most becoming. I have auburn hair, hazel eyes, black lashes and eyebrows, fair complexion with pretty good color. Am seventeen years old. With thanks. A. R.

All shades lavender and green, also gray and brown. You can in fact wear any color but the vivid hues of red and muddy old rose.

I have four and a half yards of in-closed material (bright blue duvetyne) which I would like to make up for a separate coat this winter. Will you suggest a pretty style? I am 29 years old, rather stout, measuring 40 inch bust, 41 inch hips, and weighing 150 pounds. Will greatly appreciate a design. MRS. T. H.

Seal skin collar and cuffs would be effective with your color goods. Lines are semi-fitting, without much flare at bottom. Plain back with inverted pleats stitched to hip line.

(To Be Continued)