

The Pauline Furlong Women's National Army For Health

DAILY DRILL NO. 12—For the Housewife.

MOST women who remain home and indoors all day naturally get less benefit from fresh air than those who go out to work. For this reason they are subject to colds from the slightest draughts unless the body is kept in good vitality to resist disease germs.



Use the broom. Don't be a health slacker and let the question of better physical condition be your hobby.

Answers to Health and Beauty Questions.

WHOLE SOME GRAIN FOODS.—MRS. H. R. Y.: Wheat, oats, corn and rice are some which contain about an equal percentage of nutrition.

FRECKLES.—ADA R. Mix the following ingredients and apply to the freckles: Horseradish, one ounce powdered borax, three flat teaspoonfuls; hot water, two cups.

MOST IMPORTANT EXERCISES.—MAUDE T.: Deep breathing, in the fresh air, is the very best, and exercises vital organs and many muscles as well, especially the chest muscles.

TO CLEAR THE COMPLEXION.—MADGE H.: Remember that what ever clears the internal organs clears the complexion as well, and that when the eliminative organs, lungs, liver, and skin do not properly function external applications will not clear the skin.

WALKING IN THE RAIN.—MRS. G. F. B.: By all means take a daily walk in rain, snow or sun. When you are dressed properly for the walk you are bound to derive benefits from it, no matter what the weather.

ABOUT MILK.—MRS. F. L. J.: Milk and cream are fattening. Skim milk and buttermilk are nourishing and not fattening. Buttermilk is laxative.

INDIGESTION.—MRS. J. L.: All sorts of pie crust and short cake must be avoided by those suffering from indigestion. Faddings, etc., such as you mention, only aggravate the condition. Eat green vegetables, fruits, etc., and drink water.

HENNA FOR REDDENING HAIR.—MRS. L. B. C.: Yes, the henna may be applied as a liquid, and it is then easier to handle than when made into a paste, but the color will not be so permanent. Take two ounces of the henna leaves and steep them in hot water.

DARK BREADS.—MRS. G. N. C.: All breads are more or less fattening if eaten in quantities. Dark breads are more nourishing and not quite as fattening as white flour bread.

HOW TO EXERCISE.—MRS. G.: This is too lengthy to answer in the query column, and it is impossible for me to describe each exercise in full, because there are hundreds of them. Remember that rheumatism is the result of acidity and retained waste matter, and diet, water drinking and clean system, inside and out, are also essential to relieve the pains.

CORSET FOR STOUT GIRL.—MRS. S.: Most any department store expert can fit the child with a proper corset, and be sure and not have it too tight, because this causes pressure on the breast and shoulder blades, which stops the blood circulation and causes the bunches of fat you mention.

MAPLE SUGAR.—MRS. F. B.: Maple is should be eaten sparingly, as it will lead to kidney trouble, as well as diabetes.

COFFEE.—MRS. FRANK H.: One cup of coffee a day can hardly harm any person in good health.

for the blood and helps the eliminative organs as well.

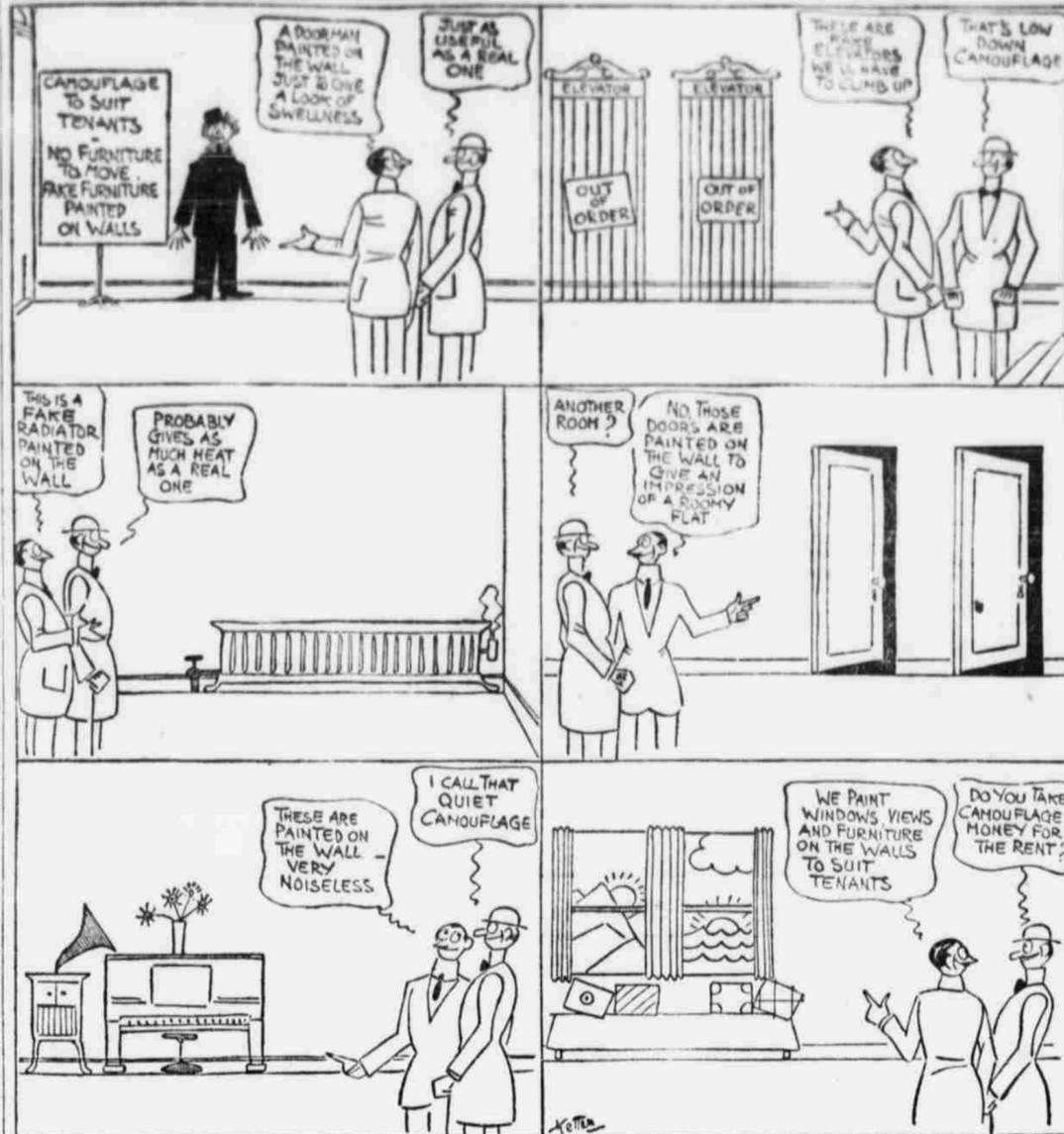
Stoop, bend and stretch with vim every minute while working and be thankful that you are not compelled to sit at a desk all day in an uncomfortable chair such as women employed in offices have to endure.

The home worker should protect her hair from the dust with a dust cap and she should wear rubber gloves as well to keep her hands smooth and white while dabbling in hot, soapy water. After removing the gloves wash your hands in castile soap and water and then rub in equal parts glycerine and rose water or cocoa butter.

Don't try to crowd everything into one day, as most nervous women do, especially at this and the spring seasons of the year. Take it easy and remember that "Rome was not built in a day" and that other days are following.

Flat Camouflage

By Maurice Ketten



Original Fashion Designs For The Evening World's Home Dressmakers

How to Make This Wrap at Small Expense.

By Mildred Lodewick

THESE extremely practical and up-to-the-minute wrap is only another evidence of how good Home Fashion is to those who are faithful followers, regardless of season periods. Any woman can make this scarf at home from pieces of fur and fabric which she already may have in the house.



A WARM SCARF WITH FUR POCKETS.

There are some of the most entrancing woollen fabrics on the counters this fall whose surfaces are so soft and velvety and so woolly and warm that they are positively irresistible. One of them is a rich raspberry color or purple would be ideal for this wrap. Velvet and plush, however, are quite as suitable, and may be used in any dark color, including black and dark brown, which I consider the most practical colors. A twelve-inch width and a 3 1/4-yard length of material is required.

Each end being trimmed with patch pockets of some such fur as squirrel or rabbit, while a belt which holds the scarf to the figure is fastened at the back with a fur button. A becoming and comfortable complement for the neck is a fur collar which may either be attached separately and be slightly shaped or may be formed from the scarf itself, which could merely be faced with the fur and then rolled over like a collar.

Answers to Questions.

Fashion Editor, Evening World.

You would appreciate my suggestions in re-modeling a dark blue light-weight broad cloth dress. There is a box plait running from middle of each shoulder to hem back and front, fastening under left box plait. The box plaits form part of skirt, but are only applied to bodice. The sleeves are useless, having been of chiffon. Am twenty-eight years old, weigh 112 pounds.

MISS A. L.

A collar of blue satin shaped like this would quite conceal the former identity of the dress. Blue silk tulle across front of waist line and on sleeves, with nickel buttons. Yoke of white tulle.

Fashion Editor, Evening World.

I would like to make over a white silk dress. Will you help me? The skirt is very narrow with three flounces, the middle one being of lace. The waist is of lace, with wide silk girles. I am seventeen years old, 5 feet 8 inches tall. A. C. R.

Use the two silk ruffles as a side drapery in cascade folds. Fill in the front and back with gathered tulle of white chiffon finished across the bottom with lace. Upper portion of waist of chiffon, with lace sleeves. Trimming band of silk is separate, merely tacked to sleeve.

I have three yards of material like sample (bright blue silk marquisette), which I would like to use in conjunction with something else for a pretty and distinctive afternoon dress. Am thirty years of age, but look younger, 5 feet 11 inch tall, weigh 110 pounds. I have light blue eyes and a little coloring.

MISS T. R. Use black satin for yoke. Attach to a foundation skirt of blue China silk or blue dress. Black feet and blue bead embroidery.

A COURTSHIP IN DISGUISE By E. J. Rath

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

CHAPTER XV. (Continued.) CAPTAIN BLODGETT was a short man of incredible girth and width. He never looked at anybody; he glared. But Trask was not to be started down, and the examination of the supposed invalid proved to be difficult. For he was not disposed to answer questions.

Miss Kent was there, and so was Miss Sands. Also Aunt Menstebel, who told with acid detail how she had seen Trask jump over a six-foot fence when he was presumed to be reclining in an invalid's chair. Keeler was called upon to explain his patient's actions, or more properly "antics," as Captain Blodgett described them. In this crisis an inspiration came to Keeler.

"Captain," said the faithful nurse, "he had a nervous breakdown some time ago and it affected his mind." "What?" exclaimed Trask. "Keeler, you're a liar!" Keeler looked at the captain apologetically.

"You see how it is, sir. It affects him in different ways. Now, one of his notions is that he can't walk. Of course, he doesn't have that notion regularly; just at times. But when he does have it, it affects him so that he really can't walk. He's as good as a real cripple, sir. When he doesn't have it, why, his legs are all right and he can walk." Trask listened as though he were in a dream.

"Anything wrong, sir?" inquired Keeler, as he noted the blank expression on Trask's face. "Lead it," said Trask, offering the note. Keeler read slowly, completing the effort with a sigh of satisfaction. "It looks better, sir, doesn't it?" he observed, in a hopeful tone. "Better! How?" "Why, Miss Kent is ready to stand by you, sir. If I may say it, she's interested."

"Interested in me? Not on your life! She's interested in my being an invalid—that's all. She hopes I can't walk, because if I can, her ideals are all smashed up! That's a cheerful hope, isn't it? I've got to be a cripple just to sustain her faith!" Keeler looked doubtful. "It does seem a little that way, Mr. Trask," he admitted. "But it's interesting that much, it may lead to be put off the ship, sir."

CHAPTER XVI. BACK in their stateroom the cogitations of Trask and his guest were interrupted, after several minutes elapsed, by a knock at the door. Keeler answered, first mentioning his patient into a chair. The caller was a patient into a chair. The caller was a patient into a chair.

CHAPTER XVII. WITH the coming of night a good many things began to happen. Trask decided that, whatever might be, he must see Sidney Sands and explain just how things stood. So he left Keeler in their stateroom and set out for the second cabin. There he found the girl of the brown hair and compelled her to listen to him. This she did unwillingly at first. But as his story progressed she lost some of her stern-visaged front and it was not long until the adventure had won her over completely.

THE TERRORISTS

Craig Kennedy, the Famous Detective, Undertakes a Strange Case. Begin the Story on This Page Next Monday, Oct. 8

"She said," faltered Keeler, "that what applied to me also applied to you, sir. And with that she walked away." "The devil!" "That's the way I feel about it, sir." Trask did not speak for a minute. He stood with his hands buried deep in his pockets, an image of dejection. "Well," he remarked, "it seems as if both of us are in mighty bad with the ladies, Keeler."

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When Sidney Sands took an interest in a thing it amounted to enthusiasm. Trask confided to her that he wanted to spend a day in her scientist father's unoccupied stateroom, along with Keeler. But that was now impossible because she had allowed two old ladies to take possession, owing to the uncomfortable heat of their inside stateroom. So a new ruse was necessary. For a long time they plotted without avail. Then the girl had an idea. As a result of this idea the way she spoke the name, sir; it sounded sarcastic—if you're looking for me, I can save you the trouble of a long conversation by informing you that I have no intention of ever speaking to you again. Good afternoon, sir! She said it just like that, Mr. Trask. Keeler sighed as he added: "She looks mighty fine when she's angry, sir."

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.