## American Troops in London Reviewed By the King

## Skins of Sea Animals May Soon Be Tanned



Hints for Homemaker's

| NOTE-This corner of the paper will be divited into meveral parts, each part to be publintied weekly. The divisions will be: Household Nuggentions, Rectpes, Good Health, Fashions and Answers tu Questlons. In Anawers to Quentions Misen Keys will be glad to advise or give answern to the probiems of any of the reatern of the Eveulug Herald. Suggestions of all sorta will be very welcome.. Addrens Misw Eitiabibeth Keyen, care of Jivening Herald. |
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| GOOD HEALTH <br> Weight and lack of weight. This week we will try to nolve the problem for those who want to weigh a few pounds more. <br> Fisst we will think about the diet. Nov, to guin weight, you must not tiy to force yourself to eat quantities of food, and you must be Just as careful about overloading your stomach as your too-lleshy sister. For breakfast, benides frult, eat a nourlshing cereal. Those that are cooked In a double boller are best, oatmeal, cornmeal, wheat in various forms, all are excellent. Use sugar and milk or cream. Drink cocoa instead of coffee, as it not only is fattening, but is quieting to the nerves. Milk in large quantities is very good. Raw egks in varlous forms, too, are good, and custard deserta. Try to have very | drink a glass of milk between meals <br> Exerclse is essential to kood health. so don't give it up in any degree, just be careful not to get over-tired. There are various exerclises to bulld up the body, but you must decide what particular ones are sulted to your especial needs. Breathing exercines are of great beneflt. Learn to breathe with the entire diaphram instead of Just with the tops of the lungs. <br> If You Are Round-Shouldered. <br> Stand arm's lelgth from the wall. palms resting against ft . Lower the chest untll it touches the wall between your hands, keeping the knees rigid, and feet in starting position, except that the heels raise slightly from the floor when the body comes forward. This brings the shoulder blades together and atrengthens the |
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## Woman Fire Dept. Protects Colo. Town



The shells were then dumped ou onto an oil-cloth-covered table-
unaffected by the soaking and rubbing, except for a slight fading of color
Next he cut one of the shells
through with a knife-and found both powder and shotperfectlydry.

WAshington, D. C., Sept. 12.- The war department has announced

that the army cantonment at Amer
Ican Lake, near Tacoma, cost 86,517 $v$ - ccan Lake, near Tacona, cost 86,517 , This is the largest cantonment
gis.
the war department has bult, as it accommodates $45,949 \mathrm{men}$, and the est rer capita cost ooptan, the low ment erected. The cost was; For bullangs, $\$$

musical heit toniaht
"The biggeat little show on earth,"
vaideville artista acheduled company, at the star tonight and toniorrow purted to be a senaation to harmony and laushter, and its various aelec-
Hoons on the violin, cornet and plane well worth hearing.
 When the Are bell rings in Edge- reach, ng the acene of the fire in outh
water these day, the baby is turned cane. Obeervers kay they have provover to a neighbor for safo keeplng, ed that the female of the fire-fighting owing in la statehed from the oven, rewomen loft where it tallis, and the In Edgewater, ther their apparatus, The reand andmb the laddera. Men, all of whom are volunteare, ar In tralining at national army encamp. ments, national suard traininge campe covernment. The women deelded the was their duty to soe that insurga all tidd not increase. They drafted Into thelr remativen of the aromen awer alarma when wives of the fromen formed a spe do the tor brand of "Ireladien ot there to rk their huibanas wors
mo tar they

