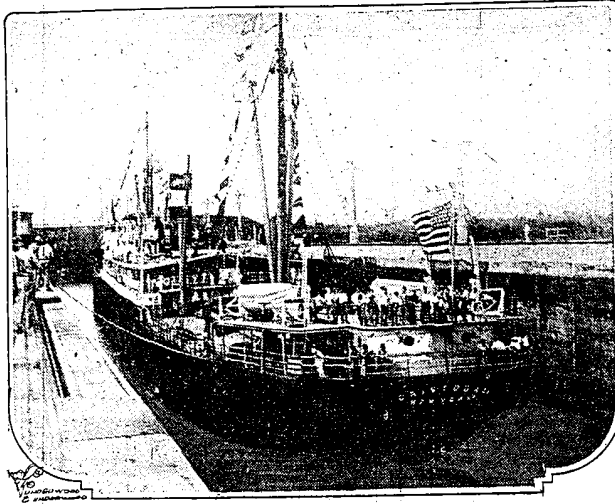


**FIRST VESSEL TO MAKE CONTINUOUS TRIP THROUGH CANAL
WILL BE USED BY UNCLE SAM TO BRING REFUGES HOME**



S. S. Christobal passing through Gatun locks on August 3.

The steamship Christobal of the Panama Railway Company has just been selected by Secretary of War Garrison as one of the vessels to be used in bringing American refugees stranded in Europe back home. The photo shows the Christobal making the first trip, August 3, from sea level to sea level. The trip was accomplished in 11 hours and 28 minutes. The Christobal will be brought to Newport News, there to be fitted out and provisioned for the rescue work in which she is to be engaged.

**Helpful
Beauty Hints**

American Women Would be the most Gracful in the World if They Would be Careful in the Management of their Feet—A Frenchman's Verdict.

The American woman would be the most graceful woman in the world if she would only learn the graceful management of her feet.

This was the verdict of a well-known Frenchman who visited this country recently, and who appeared to derive considerable amusement from watching the awkward walk of the American woman as illustrated by the pedestrians. The women were all well dressed, wearing the customary "hobble" skirt, which is said to be a past vogue, but to all appearances is supremely present, and the rather conspicuous shoes which are a popular fad of today.

Not only does this latest critic accuse the American woman of ungainly movements, but a well-known dancing teacher agrees most heartily with the Frenchman, and goes so far as to add that feminine Americans are sadly in need of a course of "feet discipline."

"It is another example of the danger of adopting a fashion set by a foreign country," she said when asked her opinion. "The 'hobble' skirt—the present mode—was evolved by French costumers to suit French women, and French women are renowned the world round for their graceful feet.

American women hastily adopted the fashion without thinking that, practically for the first time in the history of fashion, the feet form a conspicuous part of the tout ensemble. There are no crinolines or loose, pleated bell skirts to hide the feet, and beyond a little drilling in the management of her feet which she gets in the hobbledehoy, short-skirted period of her life, the American woman is never taught the necessity of graceful control of her feet.

"Now comes suddenly this tight-skirted rogue and her feet are revealed in all their pigeon-toed or sprawling awkwardness. Not all of them, of course, for some are naturally graceful from the top of the head to the tip of the toe.

"Women are fully aware that the new skirt makes smart shoes and stockings absolutely de rigueur, but they forget that smart shoes and stockings draw special attention to the feet and make it equally compulsory that they should place them gracefully."

An Oily Complexion.

Below is a formula which will give temporary relief to the excessive oiliness, but this trouble is generally more than skin-deep and a little salicylic acid in the matter of rich food, fried things and pastries, will bring about a permanent cure. The friction of a complexion brush will also help in cleaning the skin and opening the obstructed pores:

Pulverized borax, 1 ounce; pure glycerine, 2 ounces; camphor water (not spirit of camphor), 2 quarts.

The skin should be bathed with this lotion two or three times a day, and the treatment should be persisted in for three months at least.

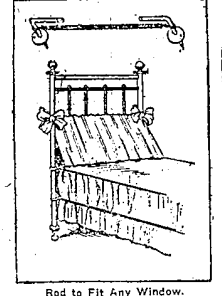
To clear the complexion take outdoor exercise, eat wholesome food, have at least eight hours' sleep out of every twenty-four hours and take a laxative occasionally.

Food for the Complexion.

Although some authorities say that milk was never intended by nature as a food for adults, others state that no food does so much to build up a substantial body, with strong white teeth, strong nails, bright eyes, beautiful hair and a soft, smooth skin. The reason it does not appear to agree with many people is attributed not to any quality of its own but to the fact that it does not care to associate with many of the things that most human creatures are in the habit of putting into their stomachs. It seldom tolerates alcohol, and it doesn't like vinegar, mustard, pepper, pickles or any sort of highly flavored or salted foods.

Easily Adjusted Curtain Rod.

An improvement has been recently made in the manufacture of curtain rods which make use of a stiff spring to support the sash curtain of any small piece of drapery. The advantage of this is that these rods are very easily put up and because of their construction, such a rod will fit any window. Strictly speaking, they are not rods, but they answer the same purpose. The rods consist of a stiff spring which will fill the opening of a large window as well as a narrow one, because of its stretching qualities. The ends are secured by means of a hook screwed into place, or by



Rod to Fit Any Window.

A little bracket, which proves to be the more convenient. The feature of universal application of this article makes it desirable.

Attractive Looking Bureau.

Anyone who has a bureau with a square mirror can fix it up quite pretty. Take post cards (views, comic or any other kind) and slide them in between the glass and frame all around the edges. If inclined to slip, push a pin in with them. I have mine on all four sides of the mirror and one can hardly realize what a change it makes from a bare looking glass. I change my cards each week when I clean my room and put up others and wash my glass when I change the cards, and it is interesting for my friends to look at the cards while in my room. Even any photo can be put in the same way, also post card pictures of your friends in each corner makes an interesting bureau.

—Miss Edhel M. Arnold.

Most fathers spend half their time trying to make the baby laugh, and when the kid grows up it puts in overtime trying to make the old man cry. Sort of getting it own back.

The happiest woman is not the one who takes her husband with a grain of salt, but the one who takes him, like medicine, with blind faith.

The aristocracy is made up of folks that have to look rich, however poor they are.

A little rouge covers a multitude of sins.

WHEN A FISHHOOK SNAGS.

Two Simple but Ingenious Methods of Releasing It.

In Ireland when an angler's hook catches in a root under water he cuts a willow sprout, bends it into a hoop, passes it over rod and line and lets it float beyond the obstruction, when a sharp pull on the line generally frees the hook.

In England, says a writer in Forest and Stream, an angler has improved on this method. In his kit he carries several of the wire paper clips used in filing letters. If his hook becomes snagged he attaches the clip to a bit of brush, then springs the clip over his line, and when the branch has floated beyond the snagged hook the clip acts as a pulley in freeing it. He says it is an effective and cheap clearing ring, and it is not heavy.

A Peculiar Name.

There is a post hamlet in Cass County, Missouri, with nothing peculiar about it except its name, and that is Peculiar. Its origin according to local traditions was as follows:

When the settlement had become sufficiently populous to need a postoffice, one of the prominent citizens sent a petition to Washington to have one established. In due course the petition was granted and he was asked to suggest a name that would please the people. He replied, "The people are not particular so long as the name is peculiar."

Thereupon the postoffice was christened Peculiar, and the name has never been changed.

Dangerous Insects.

Recent investigations have shown that the notorious tsetse of Africa is not the only insect capable of transmitting the dreadful trypanosomiasis, or sleeping sickness. In the neighborhood of Brazzaville exists an insect, of the genus Chrysopa, which propagates the same infection, and Doctor Martin now announces that trypanosomiasis is evolved in the body of a mosquito of the genus Stegomyia, another species of which is known as the propagator of yellow fever in America. The more the subject is studied, the more dangerous insects appear as spreaders of disease.

Shorthand Without Hands.

A youth of fifteen named Possneck, who two years ago lost both his hands in a machinery accident at Anststadt, has accomplished the remarkable feat of gaining a speed certificate for shorthand. After his mishap, by which his hands were cut off at the wrists, he was received into a cripples' home. The Duke of Saxe-Meinigen, one of the patrons, took an active interest in the lad and paid for two artificial hands. The cripples soon became so great in their use that he is an excellent penman and can write shorthand at the rate of 115 words per minute.—London Tit-Bits.

Confusion of Tongues in India.

India has about 150 different languages, and most of them unwritten, and it is not infrequently happens that Indians drift into Calcutta who can find no one able to understand their vernacular. Not a little trouble is caused by such visitors. The courts too frequently have trouble with litigants and witnesses who talk a language that neither the Court nor the court interpreters understand.—Consular Report.

An Inherited Failing.

A native of Annam, Indo-China, sentenced in Paris for theft, wrote the following apology to his employer: "All Annamites, whether emperors, mandarins, secretaries, military men and others, are born thieves. It is a grave and deadly complaint, and there is no cure for it. I know people do not like thieves in France, but it cannot be helped."

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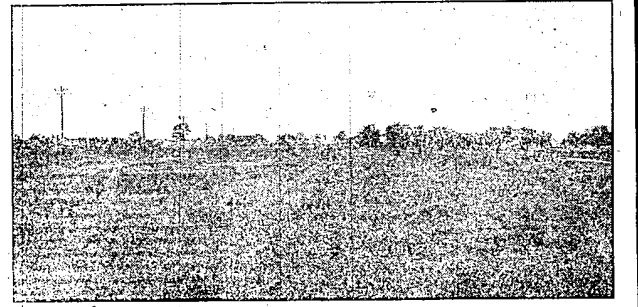
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