of BATTL BRIDE

A Romance of the American Army Fighting on the Battlefields of France

By VICTOR ROUSSEAU

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SAFEGUARDING THE HOME

Simple Directions on Home Nursing
By Jane A. Delano
Director Department of Nursing
American Red Cross

"An Ounce of Prevention Is Worth a Pound of Cure"



adapting dothes to the weather will

nanping goines to the weather with often present unnecessary suffering. It should be understood, perhaps, first of all, find thensy foothing does not necessarily mean warm clothing, and that the Chinese custom of additor taking off outer garments in accordance with the weather is worth considering.

or taking off outer garments in accordince with the weather is worth considering.

A chilled body is in a dangerous state, but, in the other hand, there are many people who bring about an equally dangerous condition of the body by keping it too warn.

The nature of the work you are doing should, in most cases, determine the weight, material and character of your chothing.

Persons; working in heated office buildings and factories, or whose occupantion keeps them indoors, should not wear heavy underwear, heavy clothes, heavy shides or stockings. Instead, they should were lighter clothing and provide themselves, when necessary with heavy outer wraps.

Those people whose work keeps then in the open a large part of the third of the property of the careful in the selection of materials for deathing. It may be helfful.