PET SNAKES IN HER FLAT LONE WOMAN IN COURT

Life Was Just One Wiggle After Another for Mrs. Ringle's Fellow Tenants, They Say.

Five weeks ago Mrs. A. Ringle brought into her flat at No. 104 East Sixty-second Street a family of pet snakes and since then life for the thirty-two other families in the big tenement has been just one wiggle after another. Irving Cohen, one of the tenants, says he put up with having the reptiles winding about his legs every time he went up or downstairs, but when he saw a snake apparently wiggling away with Mrs. Cohen he decided it was time to make a protest.

On Cohen's complaint, the proprietress of the snakery was summoned before Magistrate Barlow in Yorkville Court, this morning, charged with maintaining a nuisance. Cohen carried a preserve jar under his arm. In it was the remains of a snake.

"I was sweeping the other day," Cohen told the Court, "when I heard a scream. I looked out and saw Mrs. Cohen going down the hall at a fast trip. She appeared to be going in earnest. When she told me it was a snake, I ran out and finally cut it in two with the razor. He measured forty inches."

Other tenants said a snake had dropped in the street from a fire escape and caused great excitement. The case was adjourned till to-morrow.

POISON IN WIFE'S COFFEE.

Jersey Grocer Is Arrested Following Discovery by Physician.

EAST ORANGE, N. J., June 27.—Charged with putting arsenic and mercury into coffee and poisoning his wife, Frank T. Vanderlind, a grocer, forty-six years old, was held to-day for a formal hearing later.

Vanderlind was arrested at his home late last night following the discovery by his wife, according to the police, of poison in coffee which Mrs. Vanderlind had submitted for a test of adulteration. Mrs. Vanderlind has been ill for some time, and when her condition failed to improve a physician suggested she send a sample of the coffee she used. Traces of arsenic and mercury were found in it.

A New—Old Drink

VIRGINIA DARE

Polar Bear

DOWN in the Sunnyland of Mint Juleps they have a drink that makes you sit up and take notice, and then settle down and have another. It's called a *Virginia Dare Polar Bear*, because it is made with **Virginia Dare Wine**

Here is the way to make it: Put a cube of ice in a long thin glass, a squeeze of half a lime, drop in the hull, pour in two jiggers of Virginia Dare Wine, and fizz it up with carbonated water.

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PAUL GARRETT SPECIAL DRY CHAMPAGNE
a Vintage of Unusual Quality

Beauty and Health Lessons For the Summer

A New Series of Articles Written by Miss Pauline Furlong for Women Readers of The Evening World.

PITCHING HAY

By Pauline Furlong.

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Returning to my stout readers to-day, I am showing another new exercise and illustration, which may be taken on the farm. While it is not half so strenuous as the one shown Friday, it is perhaps equally effective for strengthening the muscles in the upper body, sides of waist and arms and relieving them of much of their superfluous fat. When you have pitched ten of fifteen forkfuls of hay to the top of the barn you will know that you have done some rather strenuous work.

Any and all exercises stimulate the circulation of the blood, and this is just the thing which makes them both beneficial and necessary to both the thin and the fat woman. Sluggish condition of the blood, liver and other eliminative organs causes more unhealthy, common disorders to arise than many women imagine, and anything which tends to overcome this condition will bring about a remarkable change in the figure and complexion, hair and general health. Exercises to be beneficial do not necessarily have to be continually strenuous, and deep breathing and simple stretching ones are equally effective in improving many of the eliminative organs. Of course, when the object is to lose weight and lose it quickly, all exercises must or should be taken until the body is in a profuse perspiration. This throws off the old worn tissue and aids in building up the body with new and healthy material, which in turn causes the marked improvement in the circulation and appearance.

This is just the reason that diet alone is not advised for those who would reduce weight and retain or regain good looks, healthy color and youthful appearance. Exercises quicken the circulation of the blood and, as the muscles feed on the blood, they are gradually built up firm and healthy to take the place of the superfluous fat and dead tissue which have been removed through them.

When you exercise to a point of perspiration follow it with a cold shower, which will not cause shock, when the body is sufficiently warm to stand it. Take a rub down with alcohol and you will feel cool and exhilarated.

To-day's menu: Glass hot water and lemon juice before breakfast.

Luncheon—Grapefruit, boiled eggs, toast, coffee.

Dinner—Boiled beef tongue and spinach, baked egg plant, asparagus salad, lemon ice.

Letters From Readers.

PERSPIRING ARMPITS.—MARGARET T. writes: "I read your health and beauty articles each day, and saw recently where some reader had written and thanked you for an effective remedy for perspiring feet. Can you please tell me if this is also good for excessive perspiration in the armpits, and please repeat the formula if it is."

This is a very good remedy for excessive perspiring in all parts of the body and also removes foul odors: One pint of alcohol and two dr[illegible] of salicylic acid. Wash the parts every day several times and apply a little of the foregoing.

BLEACHED HAIR.—MRS. D. F. G. writes: "I am in despair about my hair, which is every color of the rainbow, it seems. It was dark, and when it started to turn gray I bleached it with peroxide of hydrogen. I read your beauty columns with great interest and hesitated to write you because I know you must get thousands of letters from readers looking for advice."

Nothing will restore bleached or dyed hair to its original color. Especially is this true of bleached hair, because the peroxide takes the color completely out of the hair, and you will have to wait for the new hair to grow in again. Some dyes to darken the hair only form a coating around each hair, and this can be frequently removed through various processes.

CHARTS.—BORE D. writes: "I have only recently heard of your reducing course and expect to get the proper form. Can you advise me how to go the full course, as I want to lose thirty pounds?"

Send me your weight and height and all other measurements and 20 cents, and I will send you the necessary diet and charts of exercise. You do not need all of them.

BRAN MUFFINS.—MRS. FANNIE R. writes: "Will you please give a recipe for bran muffins in which no white flour is used? I want to eat them daily to overcome constipation."

A reader has kindly sent me the following formula for bran muffins, which she says makes twelve: One pint bran flour, one-half pint graham flour, one-half cup sour milk, one-third cup molasses, one teaspoon soda, pinch salt. Bake half hour in gem pans. At first this reader took three a day but now only takes one. They are not fattening.

MINERAL OIL FOR CONSTIPATION.—MRS. [illegible] writes: "Please tell me if the mineral oil for constipation is fattening."

It is not assimilated by the system and therefore not fattening.

TENDER FEET.—MRS. L. R. writes: "I have very tender feet, and every night bathe them in hot water and then rinse them in cold water. I then rub them with alcohol, but this treatment does not seem to give me any relief. I would appreciate it if you could tell me something better. I have followed your lessons and derived much benefit and enjoyment from them."

If the feet are so tender do not use so much hot water on them. Bathe them in warm water and then cold, to which you have added some strong alum solution. Then rub with alcohol. Cold water will harden the skin on tender feet. Wear clean stockings every day and different shoes, if possible.

CINDER IN EYE.—MARGARET T. writes: "Last week I got a cinder in my eye and could not get it out for days. Now my eye is all red and inflamed. Can you tell me what will make it clear and stop the burning? Also can you suggest a remedy for removing particles of dust from the eyes before they have a chance to irritate them?"

Use the eye cup and boracic acid to remove dust or cinders from the eyes. This will also clear them and remove the inflammation.

DRIVER DYING AFTER AUTO HITS WAGON; THREE HELD

Two Women Cut by Flying Glass in Early Morning Crash.

His bakery wagon struck from behind by a speeding automobile at One Hundred and Nineteenth Street and First Avenue early this morning, Zelie Rommell, thirty-seven years old, of No. 320 East Ninety-fourth Street, is in Harlem Hospital with a fractured skull and internal injuries. He probably will die. Two women who give their names as Olga Phalen and Anna Martin were badly cut by broken glass.

The police say the machine was owned by John Phalen of No. [illegible] Eighth Avenue, and that Phalen and a chauffeur escaped after the crash.

Those passengers in the car were arraigned in Harlem Police Court charged with [illegible]. They were held until Thursday in $5,000 each. They gave the names of Arthur Williamson, No. 401 Second Place, Brooklyn; Charles Johnson, a singer, No. 335 West Sixteenth Street, and John Canavan of West Forty-ninth Street.

SENTENCED FOR FRAUD.

After a plea of guilty to defrauding vaudeville friends of his wife of more than $2,000, Isaac Gelesler, husband of Mary Melville, a vaudeville actress, was to-day sentenced to not more than six years and not less than three years in prison.

Gelesler procured $1,200 from Robert Reuben Keane, $500 from Valerie Bergere and $500 from Harriet W. De Witt. He was to have invested the money in stock.

R R R
ON TO MEXICO

In the Civil War Radway's Ready Relief Was Used With Great Success by Soldiers For Cramps, Diarrhoea, Cholera Morbus and Indigestion.

Thirty to sixty drops in half a tumbler of water will in a few minutes relieve Cramps, Heartburn, Sick Headache, Diarrhoea, Dysentery, Colic and all internal pains.

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In the Triple Proof Package that keeps out moisture, germs and dust.

"Cracker Jack" Says:

If you are going to have a block party, safe and sane celebration on the Fourth of July, now is your chance to find out what the Cracker Jack people are going to do to help make the day a success. Just cut out and fill in the coupon below and send to Rueckheim Bros. & Eckstein, Inc., Bush Terminal Building No. 20, Brooklyn.

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Made in the finest and largest candy factory—untouched by hands. Packed so that it's always good and fresh when opened.

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RUECKHEIM BROS. & ECKSTEIN, Inc.
Brooklyn, New York. Bush Terminal Building No. 20.

Angelus Marshmallows melt in the mouth. Three flavors—mint, white, strawberry. 10 cents a package. Try them.

Federal Inquiry or Railroad Strike?

Faced by demands from the conductors, engineers, firemen and brakemen that would impose on the country an additional burden in transportation costs of $100,000,000 a year, the railroads propose that this wage problem be settled by reference to an impartial Federal tribunal.

With these employes, whose efficient service is acknowledged, the railroads have no differences that could not be considered fairly and decided justly by such a public body.

Railroads Urge Public Inquiry and Arbitration

The formal proposal of the railroads to the employes for the settlement of the controversy is as follows:

"Our conferences have demonstrated that we cannot harmonize our differences of opinion, and that eventually the matters in controversy must be passed upon by other and disinterested agencies. Therefore, we propose that your proposals and the proposition of the railways be disposed of by one or the other of the following methods:

1. Preferably by submission to the Interstate Commerce Commission, the only tribunal which, by reason of its accumulated information bearing on railway conditions and its control of the revenue of the railways, is in a position to consider and protect the rights and equities of all the interests affected, and to provide additional revenue necessary to meet the added cost of operation in case your proposals are found by the Commission to be just and reasonable; or, in the event the Interstate Commerce Commission cannot, under existing laws, act in the premises, that we jointly request Congress to take such action as may be necessary to enable the Commission to consider and promptly dispose of the questions involved: or

2. By arbitration in accordance with the provisions of the Federal law" (The Newlands Act).

Leaders Refuse Offer and Take Strike Vote

Leaders of the train service brotherhoods, at the joint conference held in New York, June 1-15, refused the offer of the railroads to submit the issue to arbitration or Federal review, and the employes are now voting on the question whether authority shall be given these leaders to declare a nation-wide strike.

The Interstate Commerce Commission is proposed by the railroads as the public body to which this issue ought to be referred for these reasons:

No other body with such an intimate knowledge of railroad conditions has such an unquestioned position in the public confidence.

The rates the railroads may charge the public for transportation are now largely fixed by this Government board.

Out of every dollar received by the railroads from the public nearly one-half is paid directly to the employes as wages; and the money to pay increased wages can come from no other source than the rates paid by the public.

The Interstate Commerce Commission, with its control over rates, is in a position to make a complete investigation and render such decision as would protect the interests of the railroad employes, the owners of the railroads, and the public.

A Question For the Public to Decide

The railroads feel that they have no right to grant a wage preferment of $100,000,000 a year to these employes, now highly paid and constituting only one-fifth of all the employes, without a clear mandate from a public tribunal that shall determine the merits of the case after a review of all the facts.

The single issue before the country is whether this controversy is to be settled by an impartial Government inquiry or by industrial warfare.

National Conference Committee of the Railways

ELISHA LEE, *Chairman*

P. R. ALBRIGHT, *Gen'l Manager*, Atlantic Coast Line Railroad.
L. W. BALDWIN, *Gen'l Manager*, Central of Georgia Railway.
C. L. BARDO, *Gen'l Manager*, New York, New Haven & Hartford Railroad.
S. H. COAPMAN, *Vice-President*, Southern Railway.
S. B. COTTER, *Gen'l Manager*, Wabash Railway.
F. [illegible] CROWLEY, *Asst. Vice-President*, New York Central Railroad.
G. H. EMERSON, *Gen'l Manager*, Great Northern Railway.
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