The Evening World's Perfect Figure Contest

Conducted by Pauline Furlong

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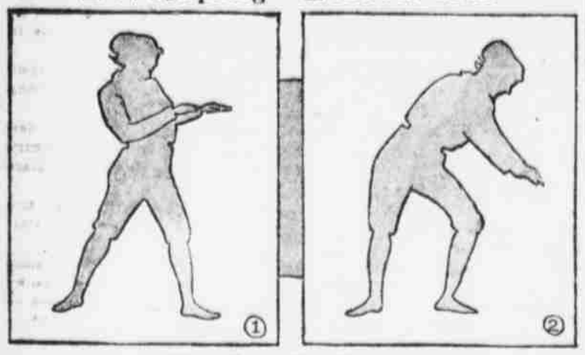
Developing—Lesson XX.



Chest Expanding Exercise.

THE exercise for expanding the lower chest, shown with this lesson, is also a good one for strengthening the weak back and the muscles at the sides of the waist and abdomen.

Stand with the elbows at sides, hands out in front of chest, left leg in front of right one and left knee rigid. The weight of the body will now be on the right leg, which is back and also straight at the knee. Throw the arms out straight in front of the body and bring the weight of it forward and to the left bent knee. This position leaves the right knee rigid. Sway back and forth, shifting the weight to right leg as you bring the hands against the chest and forward and on the left leg as you extend them. Do this ten times.

An all-round exercise, such as this one, is beneficial for all women who are robust enough to practise it without strain, because it really brings into play muscles in all parts of the body, including shoulders, arms and legs, as well as the trunk ones. Thin women must practise this and other exercises gently and with greater persistence than effort, as easy movements stimulate the blood supply to the parts, while strenuous ones cause profuse perspiration and break down the fatty parts and worn out tissues.

The slender woman needs only to increase the blood supply to the starving cells and tissues and stimulate the appetite, and any more strenuous work will likely do more harm than good.

Lesson Talks and Answers to Queries.

EXERCISES for weak back, a very common complaint, are necessary for all persons, and most of the trunk ones will be beneficial to the muscles of the back, waist and sides.

PAULINE FURLONG

Heavy massage along the spine will also stimulate the blood circulation and relieve pains from weak back, lumbago, soreness and stiff conditions of the muscles.

Body bending, twisting and trunk raising exercises are especially valuable for strengthening the muscles of the back and spine, and desk workers will get much relief from backache if they will allow several minutes once or twice each day for the practice of some of these.

Then, too, the vital activities, by which the food is converted into healthy tissue, the blood circulated freely throughout the body and the waste matters carried off, are properly performed only when the body is free and regularly exercised.

Even simple, light free movements, such as stretching and relaxing, like children and animals do without any suggestion of tension or strain, are in the reach of all, including those who are not robust or are no longer young. These are just as beneficial, if practised with persistence, as the more strenuous ones are to the strong and well, and certainly more necessary, because all persons are less active late in life. Highly nervous women will find deep breathing, stretching, relaxing and the nightly tepid bath very beneficial to the general health and quieting to the nerves, because increased muscle flesh means increased brain and nerve force, stimulated blood circulation to starving tissues and cells, and naturally every part of the body shares in the general improvement.

Certain cells in the nervous system control the movements of muscles absolutely, and when the cells are not nourished and constantly used, as nature intended, they degenerate and the nervous system and brain suffer in consequence.

TOO TIRED TO EXERCISE—MRS. W. A.: Massage is the best best treatment for the muscles when you are too fatigued to exercise. This will quiet the nerves, rest the body and induce sleep.

ACUTE INDIGESTION—MRS. F. R. W.: Of course, this must be treated by a physician and the attacks are easier avoided than cured. Acute indigestion often proves fatal. A complete fast from all foods for a day or two and constant hot water drinking meanwhile will bring relief.

BILIOUSNESS—MRS. FRANK H.: Errors in diet and constipation are the cause of bilious attacks.

WATER DRINKING—G. H.: About two pints a day, at least, and more when convenient. Always drink water in the morning a half hour before breakfast. Water is not fattening unless taken with meals.

WINTER CLOTHING—BEATRICE R.: The clothing should be light and warm and not heavy enough to cause an overheated feeling when walking. At night the clothes should be hung over a chair or stand near the window to ventilate and not in a dark, stuffy closet. Bed clothing should also be light and warm and the bed should be aired and allowed to get the sun each day for at least an hour.

TEA DRINKING—ESTHER: Tea When tea is freshly made with boiling water and strained after it has infused just a few minutes it is a stimulant for the body and aids digestion. Tea is entirely harmless when drunk not too strong or too often.

LOSS OF HAIR—BEN H.: Poor circulation and dandruff cause more falling hair than any scalp troubles. Both of these conditions can be remedied through nightly massage and brushing with a clean, stiff brush.

ELECTRIC BATHS—MRS. W. A. D.: Electric cabinets may be purchased and installed in any home which is wired with electricity. They are cleansing to the skin, stimulate the circulation, reduce superfluous fat and are also advised for slender, nervous women. Thin women should take very short electric baths, but those trying to reduce may stay in the cabinet fifteen minutes. All directions for using the cabinets come with them.

Such Is Life!

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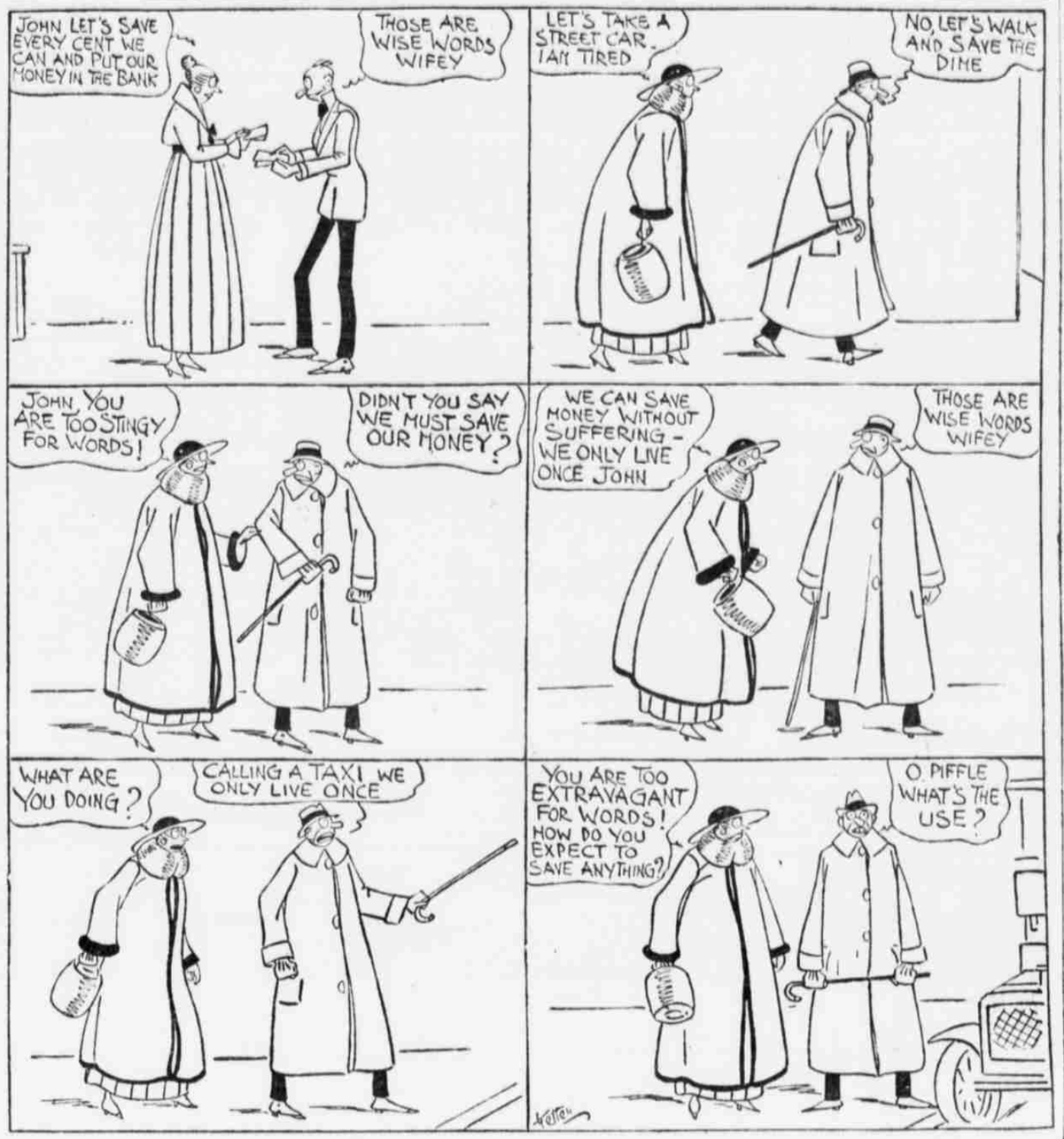
By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer

Cousin Eleanor Invites

KIDDIE KLUB MEMBERS TO JOIN THE

Kiddie Klub Community Chorus

WHICH WILL MEET ON SATURDAY, MARCH 10,

AT PUBLIC SCHOOL NO. 21, MANHATTAN,

TO SING AND MAKE MERRY BETWEEN THE HOURS OF 2 AND 3 P. M.

DOORS OPEN AT 1.30 P. M.

A SURPRISE AWAITS ALL WHO ATTEND.

BOY SCOUTS WILL ESCORT KIDDIES FROM THE SPRING STREET SUBWAY STATION.

To the Parents of My Dear Kiddie Cousins:

THE Kiddie Klub Community Chorus is the outgrowth of our wonderful meeting under the Tree of Light. Hearing the voices of the children and seeing their faces inspired the plan of having the Klub meet each week and prepare for an outdoor festival in the spring. And now everything is arranged. Beginning last Saturday, March 3, rehearsals for the pageant began, and will continue to take place every Saturday afternoon at 1.30.

But it will be more than rehearsing. The children will be taught how to stand, breathe and sing properly, thereby improving their general health. The drill in phonics will improve their speech, and their voices will be carefully trained by Mr. Robert Stuart Pigott, who has had wide experience in the training of children's voices.

So great is the interest in this big undertaking that noted artists have offered to come to the meetings from time to time and sing and play for the chorus. Think what this means—to have your children hear these artists and have them talk to them about the beautiful art of song.

Being most solicitous for the welfare of your children, arrangements have been made to have them escorted from the nearest station to our meeting place and back again by a troop of able Boy Scouts. Thus their safety is assured, and the four last rows of the auditorium will be reserved for grown-ups who prefer accompanying the children personally.

Watch this column for announcements of the location of each successive rehearsal.

Thanking you for the interest you have shown, and looking forward to having your children with us each week, I am yours respectfully,

Cousin Eleanor.

P. S.—Pennant orders have come in such unexpectedly large numbers that we have been unable to meet the demand. However, a new and larger order is due from the company, and we hope to have every order filled by the end of the week.

Dicky and Dot in the Wonder City

By Mary Graham Bonner

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Sailors' Snug Harbor.

UNCLE JOHN took Dicky and Dot on a ferry boat across the harbor of the Wonder City. There, on the other side, in a part of what is known as Greater New York—for New York City covers many miles—they got off the boat.

"We are going on a little train," said Uncle John, "but we are not going far."

"SOMETHING ABOUT HIM LOOKS LIKE THE SEA," SAID DICKY.

They got off the train after they had gone but a very short distance, and after they had walked through the doors of a little station they found themselves out of doors with nothing about them that was especially marvellous or adventurous.

"We still have to go a few steps," said Uncle John, "before we come to the place I want to show you today."

"Oh look," said Dicky, "there is an old, old man in a blue uniform. He looks too old to be in the Navy or the Army, and yet he has something about him that looks like the sea."

Soon the children saw more and more of these old men in blue uniforms. "What is this place?" asked Dot. "And why are all the men so very old?"

Just then they saw some very large and beautiful buildings in grounds that looked like a park. "Oh, what lovely buildings," said Dicky.

"This is the Sailors' Snug Harbor," said Uncle John. "To a sailor or a seaman a harbor means almost the same as a home means to us. For after rough and dangerous days and nights of storms when they reach a harbor again it means safety. A ship master by the name of Robert Richard Randall started this home or harbor by leaving enough money for it to be built and continued on and on and on. And all old seamen can come here and enjoy their old age, while the money left by the sailor of a hundred years ago is paying for it."

"How wonderful!" said Dicky. "To think that seamen after their roving lives can come here—free—and have such a lovely home!"

"But we must always call it a harbor," said Uncle John, "for they have passed beyond the storms of the seas!"

The idea for to-day's story was suggested by Doris Ferger, aged nine, of No. 258 Armstrong Avenue, Jersey City, N. J.

We will pay $1 for each accepted idea for Wonder City stories. Address Aunt Sally, stating age, address and membership certificate number if a member of Kiddie Klub, care of Wonder City Editor, Evening World, No. 63 Park Row, New York.

NEW KLUB PENNANT.

DEAR KLUB MEMBERS:

Above is a picture of our new Kiddie Klub Pennant, which you have often asked me to have made. The colors are those of the Klub—blue and white, and the size is 28 by 7 in.

All persons sending one of these neatly pennants with name, real name, address and certificate number (or any Klub vocabs are inserted to have our flag). Also 10 cents in stamps (or coin to pay for actual cost).

COUSIN ELEANOR.

How to Join the Klub

BEGINNING with any number, you can get one of the membership certificates in the Kiddie Korner Tuesdays, Thursdays and Saturdays. When you have six consecutive numbers, beginning with any Tuesday, Thursday or Saturday, paste them on a sheet of paper, and send them to the Kiddie Klub, Evening World, No. 63 Park Row, New York City, with a note in which you must state YOUR NAME, YOUR AGE, YOUR ADDRESS.

No attention will be paid unless these three facts are stated. Children everywhere not over fifteen years of age may become members. Every member is presented with a silver gray Klub Pin and a membership certificate.

"Klub Pin."

PIN COUPON — EVENING WORLD "KIDDIE KLUB" — NUMBER 133

THE IVORY CHILD

In Which the Famous Allan Quatermain Goes on a Strange Quest.

By Sir Rider Haggard

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

(Copyright, Press Newspaper Service.)

SYNOPSIS OF PRECEDING CHAPTERS.

Allan Quatermain, famous African hunter, goes to Durban, where he falls in with Lord Ragnall, who is engaged to a Miss Holmes. Lord Ragnall invites Quatermain to dinner, and the latter is the life partner of the future Lady Ragnall. The dinner is serious interrupted by the appearance of a native messenger, who delivers a letter addressed to Lord Ragnall. After dinner the men are expected to leave conferences and give an exhibition of some amateur theatricals. They persuade Quatermain and Miss Holmes to locate the tribes of some African witchcraft and both of them are weird enough. Afterward the two conspirators, who are the leaders of a league called the White Hendeh, attempt to carry off Miss Holmes, whom they consider to be the intended guardian of the Ivory Child. Lord Ragnall, Quatermain foils this plan and returns to Africa, where he hears of Ragnall's adventures. There he meets Hans, a Dutch hunter, who calls him "Baas," as an honorary title. Ragnall's old valet, Savage, a renegade adventurer, arrives unexpectedly.

CHAPTER VI.

(Continued.)

WHEN we had finished we went out to smoke, leaving Savage to eat his dinner, and I asked Lord Ragnall where his luggage was. He replied that he had left it at the Customs. "Then," I said, "I will send a native with Savage to arrange about getting it up here. If you do not mind my rough accommodation there is a room for you, and your man can pitch a tent in the garden."

After some demur he accepted and a little later Savage and a native were sent off with a note to a man who hired out a mule-cart.

"Now," I said, when the gate had shut behind them, "will you tell me why you have come to Africa?"

"Disaster," he replied. "Disaster of the worst sort."

"Is your wife dead, Lord Ragnall?"

"I do not know. I almost hope that she is. At any rate she is lost to me."

An idea leapt to my mind that she might have run away with somebody else, a thing which often happens in the world. But fortunately I kept it to myself and only said:

"She was nearly lost once before, was she not?"

"Yes, when you saved her. Oh! if only you had been with us, Quatermain, this would never have happened. Listen: About eighteen months ago she had a son, a very beautiful child. She recovered well from the business, and we were as happy as two mortals could be, for we loved each other, Quatermain, and God had blessed us in every way; we were so happy that I remember telling me that our great good fortune made her feel afraid. One day last September when I was out shooting she drove in a little pony cart we had with the nurse and the child but no man, to call on Mrs. Scroope who also had been recently confined. She often went out thus, for the pony was an old animal and quiet as a sheep.

"By some cursed trick of fate it chanced that when they were passing through the little town which you may remember near Ragnall, they met a travelling menagerie that was going to some new encampment. At the head of the procession marched a large bull elephant, which I discovered afterward was an ill-tempered brute that had already killed a man and should never have been allowed upon the roads. The sight of the pony cart, or perhaps a red cloak which my wife was wearing seems to have infuriated this beast, which trumpeted. The pony becoming frightened, wheeled round and overturned the cart right in front of the animal, but apparently without hurting anybody. Then here he paused a moment and with an effort continued—"that devil in beast's shape cocked its ears, stretched out its long trunk, dragged the baby from the nurse's arms, whirled it round and threw it high into the air, to fall crushed upon the curb. It sniffed at the body of the child, feeling it over with the tip of its trunk, as though to make sure that it was dead. Next, once more it trumpeted triumphantly, and without attempting to harm my wife or anybody else, walked quietly past the broken cart and continued its journey, until outside the town it was made fast and shot."

"What an awful story!" I said with a gasp.

"Yes, but there is worse to follow. My poor wife went off her head, with the shock I suppose, for no physical injury could be found upon her. She did not suffer in health or become violent; quite the reverse indeed, for her gentleness increased.

"I did everything I could. She was seen by three of the greatest brain doctors in England, but none of them was able to help. The only hope they gave was that the ill might pass off as suddenly as it had come. They said too, that a thorough change of scene would perhaps be beneficial, and suggested Egypt; that was in October. I did not take much to the idea, I don't know why, and personally should not have acceded to it had it not been for a curious circumstance. The last consultation took place in the big drawing room at Ragnall. When it was over my wife remained with her mother at one end of the room while I and the doctors talked together at the other, as I thought quite out of her earshot. Presently, however, she called to me, saying in a perfectly clear and natural voice:

"'Yes, George, I will go to Egypt. I should like to go to Egypt.'

"So I gave way and in the end we went to Egypt together with Lady Longdon, who insisted upon accompanying us although she is a wretched sailor. At Cairo a large dahabiyeh that I had hired in advance, manned by an excellent crew and a guard of four soldiers, was awaiting us. In it we started up the Nile. For a month or more all went well; also to my delight my wife seemed new and again to show signs of returning intelligence. Thus she took some interest in the sculptures on the walls of the temples, about which she had been very fond of reading when in health. I remember that only a few days before the—the catastrophe, she pointed out one of them to me of Isis and the infant Horus, saying, 'Look, George, the Holy Mother and the Holy Child.'

"At points after passing the First Cataract and the Island of Philae we came to the temple of Abu Simbel, opposite to which our boat was moored. On the following morning we explored the temple at daybreak and saw the sun strike upon the four statues which sit at its further end, spending the rest of that day studying the colossal figures of Rameses that are carved upon its face and watching some cavalcades of Arabs mounted upon camels travelling along the banks of the Nile.

"My wife was unusually quiet that afternoon. For hour after hour she sat still upon the deck, gazing first at the mouth of the rock-hewn temple and then at the mighty figures which guard it and then at the surrounding desert. Only once did I hear her speak and then she said, 'Beautiful, beautiful! Now I am at home.' We dined and as there was no moon, went to bed rather early after listening to the Sudanese singers as they sang one of their weird chanties.

"My wife and her mother slept together in the state cabin of the dahabiyeh, which was at the stern of the boat. My cabin, a small one, was on one side of this, and that of the trained nurse on the other. The crew and the guard were forward of the saloon. A gangway was fixed from the side to the shore and over it a sentry stood, or was supposed to stand. During the night a Khamsin wind began to blow, though lightly, as was to be expected at this season of the year. I did not hear it, for, as a matter of fact, I slept very soundly, as it appears did every one else upon the dahabiyeh, including the sentry, I suspect.

"The first thing I remember was the appearance of Lady Longdon just at daybreak at the doorway of my cabin and the frightened sound of her voice asking if my wife was with me. Then it transpired that she had left her cabin, and in a fur cloak, evidently some time before, as the bed in which she had been lying was quite cold. Quatermain, we searched everywhere we searched for four days, but from that hour to this no trace whatsoever of her has been found."

"Have you any theory?" I asked.

"Yes, or at least all the experts whom we consulted have a theory. It is that she slipped down the saloon in the dark, gained the deck and there fell or threw herself into the Nile, which of course would have carried the body away. As you may have heard the Nile is full of bodies. I myself saw two of them during that journey. The Egyptian police and others were so convinced that this was what had happened that, notwithstanding the reward of a thousand pounds which I offered for any information, they could scarcely be persuaded to continue the search."

"You said that a wind was blowing and I understand that the shores are sandy, so I suppose that all footprints would have been filled in?"

He nodded and I went on: "What is your own belief? Do you think that she was drowned?"

He countered my query with another of:

"What do you think?"

"I? Oh! although I have no right to say so, I don't think at all. I am quite sure that she was not drowned; that she is living at this moment."

"Where?"

"As to that you had better inquire of our friends Harut and Marut," I answered.

CHAPTER VII.

THAT evening when the baggage had been disposed of and locked up in my little stable and arrangements made for the delivery of some cases containing tinned foods, &c., which had proved too heavy for the Scotch cart, Lord Ragnall and I continued our conversation. First, however, we unpacked the guns and checked the ammunition, of which there was a large supply, with more to follow.

A beautiful battery they were, of all sorts, from elephant guns down, the most costly and best finished that money could buy. It made me shiver to think what the bill for them must have been, while their appearance, when they were put together and stood in a long line against the wall of my sitting room, moved old Hans to a kind of ecstasy. For a long while he contemplated them, patting the stocks one after the other and giving to each a name as though they were all alive, then exclaimed:

"With such weapons as these the Baas could kill the devil himself. Still, let the Baas bring Intombi with him"—a favorite old rifle of mine and a mere toy in size, that look, however, done me good service in the past. For, Baas, after all, the wife of one's youth often proves more to be trusted than the fine young ones a man buys in his age. Also one knows all her faults, but who can say how many there may be hidden up in new women, however beautifully they are tattooed?" and he pointed to the elaborate engraving upon the guns, and looked gravely at Lord Ragnall, saying: "Is it not so, Lord Igesa?"

I translated this speech to Lord Ragnall. It made him laugh, at which I was glad, for up till then I had not seen him even smile.

Here I should explain that "Igesa" was the name which the native had given to Lord Ragnall because of his appearance. The word means a handsome person in the Zulu tongue. Why are they called "Hens," I don't know why. "Hens" in Zulu means to push out the breast and it may be that the name was a roundabout allusion to the proud appearance of the dignified Savage, or possibly it had some other recondite signification. At any rate Lord Ragnall, Hans and myself knew Savage thenceforward by the homely appellation of Beans.

I should add that in addition to the sporting weapons Lord Ragnall brought, there were no fewer than fifty military rifles of the best make. They were large bore Sniders that had just then been put upon the market, and with them, packed in tin cases, a great quantity of ammunition.

So it came about that one fine afternoon about a fortnight later, for hurry as we would our preparations took a little time, we trekked for Zululand over the sandy roads that ran from the outskirts of Durban. Our baggage and stores were stowed in two half-tented wagons, the after part of which served us as sleeping places at night. Hans sat on the driving seat of one of the wagons; Lord Ragnall, Savage and I were mounted upon "salted" horses, that is, horses which had recovered from and were therefore supposed to be proof against the dreadful sickness, valuable and docile animals which were trained to shooting.

CHAPTER VIII.

NOW I do not propose to describe all of our journey to Kendah Land, or at any rate the first part thereof. Let it be sufficient, then, to say that although owing to political events the country happened to be rather disturbed at the time, we trekked through Zululand without any great difficulty. Thence, too, I managed to dispatch three messengers, half-bred border men, lean fellows and swift of foot, to the King of the Mazitu, as Hans had suggested that I should do, advising him that his old friends, Macumazana, Watcher-by-Night, and the yellow man who was named Light-in-Darkness and Lord-of-the-Fire, were about to visit him again.

As I knew we could not take the wagons beyond a certain point where there was a river called the Luba, undertable by anything on wheels, I requested him, moreover, to send a hundred bearers with whatever escort might be necessary, to meet us on the banks of that river at a spot which was known to both of us.

We took with us a small army of Zulu boys. This, although they were difficult to feed in a country where no cattle died from tsetse bite that we were obliged to abandon one of the wagons, which meant that the goods it contained must be carried by men. At length we reached the banks of the river, and camped there one night by three tall peaks of rock which the natives called "The Three Doctors," where I had instructed the messengers to tell the Mazitu to send to meet us. For four days we remained here, since rains in the interior had made the river quite impassable. Not until the fifth morning did the Mazitu appear. They gave us a great welcome and promised all possible aid.

After breakfast I addressed and sent away our Zulus, each with a handsome present from the trade goods, giving into their charge the remaining wagon and our servants, none of whom, somewhat to my relief, wished to accompany us further. They sang their song of goodby, saluted and departed over the rise.

We marched for the matter of a month or more through every kind of country.

By degrees the land grew more and more barren and utterly devoid of inhabitants, till at last it merged into desert. At the edge of this desert which rolled away without apparent limit, we came, however, to a kind of oasis where there was a strong and beautiful spring of water that formed a stream which soon lost itself in the surrounding sand. As we could go no further, for even if we had wished to do so, and were able to find water there, the Mazitu refused to accompany us into the desert, not knowing what else to do, we camped in the oasis and waited.

As it happened, the place was a kind of hunter's paradise, since every kind of game, large and small, came to the water to drink at night, and in the daytime browsed upon the saltish grass that at this season of the year grew plentifully upon the edge of the wilderness.

Among other creatures there were elephants in plenty that travelled hither out of the bushlands we had passed, or sometimes emerged from the desert itself, suggesting that beyond this waste there lay fertile country. So numerous were these great beasts, I saw that in a few months I could collect an enormous amount of ivory, enough to make me comparatively rich, if only I were able to get it away.

For fourteen days or so this went on, till at length we grew thoroughly tired of the business, as did the Mazitu. Then followed a parley and it was agreed to wait three more days for developments.

In the middle of the third night I was awakened by Hans who slept at the back of my shanty, into which he had crept through a hole in the faggots, exclaiming:

"Open your eyes and look, Baas. There are two spooks waiting to see you outside."

Very cautiously I lifted myself a little and stared out into the moonlight. There, seated about five paces from the open end of the hut were the spooks sure enough; two white-robed figures squatting silent and immovable on the ground. Then I thought one of thieves and felt for my Colt pistol under the rug that served me as a pillow. As I got hold of the handle, however, a deep voice said:

"Put your revolver, O Macumazana, Watcher-by-Night, to receive guests with bullets?"

"Yes, Harut," I answered with an unconcerned yawn, "when the guests come in such a doubtful fashion and in the middle of the night. But as you are here at last, will you be so good as to tell me why you have kept us waiting all this time?" Is that your way of fulfilling an engagement?"

"O Lord Macumazana," answered Harut. "I offer to you our humble apologies. The truth is that when we heard of your arrival in this land we started, or tried to start, from hundreds of miles away to keep our tryst with you here as we promised we would do. But we are mortal, Macumazana, and accidents intervened." (To Be Continued.)

OPPORTUNITY

By Edgar Franklin

Wherein Chance Thrusts a Career Upon One Who Didn't Want It.

Begins on This Page March 19.