

Answers to Health and Beauty Questions

By Pauline Furlong

Copyright, 1917, by The Press Publishing Co. (The New York Evening World). Beginning next Monday, Miss Furlong will pose for The Evening World the Setting-Up Exercises of the United States Army. This series will be followed by another, in which Miss Furlong will demonstrate approved "First Aid" methods. These two series will present means of "preparedness" in which everybody should be interested.

THE entire amount of blood in the body passes through the heart in less than half a minute and during this short time the tissues are getting their fresh supply of blood and sending off their waste matter in it.

I have told readers that the tissues deprive the blood of the oxygen which has been taken into it through the air breathed in the lungs and, when it returns back to the heart, it is a dark blue. It continues onward back to the lungs where it is cleaned again of carbonic acid, which is unnecessary to the body and, indeed, often dangerous, and there receives a fresh supply of oxygen from them.

Oxygen holds an important place in the health and life of individuals and the great amount of air taken into the body daily makes the amount of food and drink necessary for its upkeep seem almost insignificant. Then, too, we can live for days without food and only for several minutes without air.

I have told readers that good chest and lung development are the most essential things necessary for the preservation of good health and only through deep and regular breathing of fresh, pure air is a continuous supply of fresh blood to the tissues and proper ventilation of the lungs accomplished.

CATCHES COLD WHEN WALKING—MRS. WALTER D.: I am sure that you walk too fast and get in a perspiration from the exercise and heavy fur coat. When you are walking for exercise the walk must be brisk and the clothing should be warm and not too heavy. Breathing deeply during your walk will prevent taking cold and also benefit the system.

COLD BATHS TO PREVENT COLDS—GRAHAM T.: It is best not to take a cold bath after exposure and when the body is chilled from automobile. At this time a warm bath and a Turkish towel rub is preferable.

REDUCE THIGHS—MRS. H. G. T.: The aquating exercise recently shown strengthens the thighs and

the muscles in the upper legs. Deep knee bending, which is more advanced, reduces them, but leg circling is best for this. Leg swinging is also advised.

ASTRINGENT FOR DOUBLE CHIN—MRS. L. R. E.: Mix pulverized alum, one dram, with three ounces of alcohol. Dab it on the chin and allow it to dry in. This hardens and tones the loose flesh and is also good for flabby breast.

ECZEMA OF FEET—MRS. L. J.: Yes, Ichthylol soap is effective for eczema of the feet.

LIQUID SOAP FOR SHAMPOO—MARGARET R.: Take about a square inch of Castile soap, shaved, and melted in a half pint of hot water. You may add a little borax to this for cleansing oily, light hair.

TIME TO EXERCISE—A. M. R.: The middle of the afternoon is the very best time. In the morning the muscles are frequently stiff and at night the exercises stimulate the blood circulation and cause some persons to remain awake.

A Word to Mothers

COME, son, it is bedtime; so put away your books."

"But, mama, you promised to hear my spelling lesson."

"Yes, dear, I know; but it is too late now, so hurry to bed."

The disappointed child pouted and remonstrated, but the mother prevailed and the boy retired with probably two new trails developing: One distrust in mother's promises and the other a feeling that mother doesn't care about his studies. This child had been told by the teacher to particularly study his spelling; he was anxious to read the new lesson right off next day, as so many of the boys do, and there were such a lot of new words.

When he had come home from school he eagerly came to the mother for assistance, but she cooled his ardor by saying "Don't bother me now, child, I am too busy." After dinner the reading book was again produced, but after carelessly answering two or three questions the mother said, "Now, don't disturb me any more until I finish this story."

This is only one of many similar cases and it is a pity that mothers do not realize the influence they can bring to bear upon the education of their children. An hour, or even less, spent with the children at their studies each evening will produce great results. This individual attention will make clear to the little student many a point that is so perplexing to the youthful mind. It will send the child to his class next day with a confidence that will soon place him in the first ranks and, best of all, he will know that mother cares whether he is doing well at school or not, and that is a great spur to ambition! The wise mother will always keep in touch with the studies and show a keen interest in the education of her offspring. The son or daughter of such a mother will never be a failure.

I have heard mothers object to children studying at home because it interfered with social pleasures. They say "That is what the study periods in school are for." When these children fall at exams, the teacher is to blame. I think I can safely say that even the best teacher

can never make an "honor pupil" where no interest whatever is displayed at home in the education of that child.

Therefore, dear mothers, if you really cannot find the time to give your child a little assistance at least display an interest in his daily education. Make daily PLEASANT inquiries concerning his progress and let nothing interfere with the proper home preparation for next day's recitations. This will give the child the necessary encouragement and stimulus to the desire which every child should have for success in school.

THE MAN WITHOUT A COUNTRY

Revealing the Strange Atonement of a Famous Traitor

By Edward Everett Hale

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS. THE PRESENT STORY WILL BE PRINTED IN FULL THIS WEEK.

SYNOPSIS OF PRECEDING INSTALLMENTS.

Philip Nolan, a young officer in the Western Army of the United States, becomes involved in the scheme of Aaron Burr to save out an empire. He is tried by court-martial after Burr's failure in the early years of the last century. When called upon to defend himself, or at least to answer charges, he cries in a fit of rage: "I am the United States! I am the United States!"

"Paper Clothing" a Possibility Of To-Morrow's Wardrobe

Since the establishment of the Forest Service we have learned a host of things about lumber, but more interesting to the lay reader are the results of experiments with lumber waste. Who, in the last generation, would have dreamed that some day we would be making artificial silks from sawdust? Yet that is exactly what is being done. Other fabrics are successfully being woven. That all our clothing may eventually be made from sawdust is a possibility which is both durable and inexpensive, is not beyond present possibility.

Lumber waste that was once considered worthless is now mixed with small quantities of wood-pulp, made into paper, sometimes mixed with cotton or woolen fleeces, and then spun into "silk" neckties and "silk" socks. Nor are these the only commodities that are being so diversified from furniture and rugs to suitcase and flour bags.

Equally as interesting is the manner in which the paper is spun into twine. It is a process for making twine the paper is first cut into long strips and about one inch wide. These strips are then put through a diversity of rollers which regulate them in the direction of their lengths. These are then twisted by hand into the shape of twine. The twine is finally reduced to the proper

Why Not?

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By Maurice Ketten

A multi-panel cartoon by Maurice Ketten. The first panel shows a man and woman talking. The man says, 'WE ARE PHYSICALLY UNFIT TO HELP OUR COUNTRY.' The woman replies, 'WE ARE TOO FAT!' The man then says, 'WE ARE ALSO FINANCIALLY UNABLE TO HELP.' The woman replies, 'WE SPEND ALL OUR MONEY ON FOOD!' The second panel shows the man saying, 'BUT I WISH WE COULD DO SOMETHING TO HELP.' The woman replies, 'LET'S CUT OUT ALL RICH FOOD AND HELP ECONOMICALLY.' The third panel shows the man saying, 'WHERE DID YOU GET THAT MONEY?' The woman replies, 'SAVED IT BY CUTTING OUT WASTE IN FOOD. NOW WE CAN CONTRIBUTE TO THE WAR LOAN.' The fourth panel shows the man saying, 'STOPPING ALL THAT RICH FOOD HAS MADE A NEW MAN OF ME.' The woman replies, 'AND I FEEL LIKE A NEW WOMAN.' The fifth panel shows the man saying, 'NOW I CAN DO SOME ACTIVE WORK TOO. ME FOR THE DRILL!' The woman replies, 'AND ME FOR RED CROSS WORK! BY HELPING OUR COUNTRY WE HAVE HELPED OURSELVES.' The sixth panel shows the man saying, 'STILL LATER.' The woman replies, 'AND STILL LATER.'

The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer



THE AMOUNT THESE MOUTHS COULD EAT WAS AMAZING.

The Robin. THIS spring a pair of beautiful robins built their nest on the limb of a balsam beside a much used walk near Bombus's home. They gathered the material for their nest very early in the morning when few folks were astir excepting Bobbie and Bea, who would not have missed such a treat for anything.

Perhaps it was because grass blades, twigs and other building materials still damp from the dews of the night are more pliable and easier woven so early in the day. Mr. Robin found mud in a pool, and Mrs. Robin made the inside of the nest with it and shaped it with her breast, all unhelpful of the lovely scarlet color being marred while she worked.

But when the mounds were finished in a few days she bathed and combed out each feather carefully, after which she looked quite as glossy and trim as when Mr. Robin wooed and won her for his own.

Bob and Bea were perfectly delighted when about four days after Mrs. Robin began to incubate her four sky-blue eggs four hungry mouths showed themselves. Tea amounting these mouths could eat was amazing and amusing to the children. Twice a bird's own weight in lively, smooth worms was a day's medium fare. And to see them inconsiderately squeaking for food even while the devoted parents spread their wide wings to shield these tender nurslings from the direct noonday sun was comical indeed.

Bob and Bea learned through the help of all-wise Bombus that robins are the tidest of housekeepers. Bits of food, egg shells, grasses and such are all removed immediately, and any tear or break in the nest is speedily mended. The greedy mouths of the young ones are wiped clean after each meal, and the adult birds keep themselves spotlessly clean.

"It is nice," said Bob, "to find that a bird whose song and beauty we all love is altogether such a fine fellow, isn't it, Bea?" For answer Bea laughed a rippling, delighted laugh at the sight of Mr. Robin deftly teaching his young brood to hunt the destructive cutworm, thus to enjoy a

Dear Cousin Patriots: The heaps of letters that are piled before me as I write make me proud indeed! Each is from a young American Patriot, of which our citizenship boasts tens of thousands and most of the missives ask for information as to how to hang our Star-Spangled Banner.

Nothing could give me more pleasure than to tell you this! When our flag is displayed horizontally the starry field should be in the upper corner to the left of a person facing it.

If hung vertically the field should be in the upper corner to the right of a person facing it. Of course, if shown on a staff the field is in the upper corner next to the staff. Though it is always better to let fly the Stars and Stripes, it is not really bad form to drape our colors at a time like this. And while it is wiser to lower flags at sundown and hang them again in the morning, one may leave Old Glory floating the night through without being an offender. The same applies to rain and storm.

However, these rules are mere details. The main point is to have the Flag of Freedom floating from every house-top and displayed at every window.

The only way not to show the Stars and Stripes is with the blue field in one of the lower corners. This is actually a sign of disrespect, of which I am positive no one living upon American soil in our blessed country would be guilty.

Cousin Eleanor. P. S.—Kiddie Klub Pageant, "YOUNG MANHATTAN," To be held in Central Park on Saturday, May 26.

Rehearsal each Saturday at 1:45 in Washington Irving High School, No. 40 Irving Place, Manhattan. Do come.

NEW CLUB PENNANT. KIDDIE KLUB. HOW TO JOIN THE KLUB AND OBTAIN YOUR PENNANT. HOW KLUB MEMBERS CAN Earn 25c a Week FOR SPENDING MONEY.

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My own acquaintance with Philip Nolan began six or eight years after the war, on my first voyage after I was appointed a midshipman. It was in the first days after our slave trade treaty, while the reigning house, which was still the House of Virginia, had still a sort of sentimentalism about the suppression of the horrors of the Middle Passage, and sometimes something was done that way.

We were in the South Atlantic on that business. From the time I joined I believe I thought Nolan was a sort of lay chaplain—a chaplain with a blue coat. I never asked about him. Everything in the ship was strange to me. I knew it was green to ask questions, and I suppose I thought there was a "Plain-Buttons" on every ship.

"Who spoke Portuguese?" But none of the officers did; and just as the Captain was sending forward to ask if any of the people could, Nolan stepped out and said he should be glad to interpret. If the Captain wished, as he understood the language. The Captain thanked him, fitted out another boat and in this boat it was my luck to go.

When we got there, it was such a scene as you seldom see, and never want to. Dirt beyond account, and chaos ran loose in the midst of the dirt.

There were not a great many of the negroes; but by way of making what there were understand that they were free, Vaughan had had their handcuffs and ankletcuffs knocked off, and for convenience sake, was putting them upon the rascals of the schooner crew. The negroes were, most of them, out of the hold, and swarming like ants around the dirty deck, with a central throng surrounding Vaughan and addressing him in every dialect, and patois of a dialect, from the Zulu click up to the Parisian of Beledjeersed.

As we came on deck, Vaughan looked down from a hoghead, on which he had mounted in desperation, and said: "For God's love, is there anybody who can make these wretches understand something? The men gave them rum, but that did not quiet them. I knocked that big fellow down twice, and that did not soothe him. And then I talked Choctaw to all of them together; and I'll be hanged if they understood that as well as they understood the English."

white doctor to come and help them, and that those devils caught him in the bay just in sight of home, and that he has never seen anybody from home since then. And this one says," choked out Nolan, "that he has not heard a word from his home in six months, while he has been locked up in an infernal barracoona."

"Vaughan always said he grew gray himself while Nolan struggled through this interpretation. I, who did not understand anything of the passion involved in it, saw that the very elements were melting with fervent heat, and that something was to pay somewhere. Even the negroes themselves stopped howling, as they saw Nolan's agony, and Vaughan's almost equal agony of sympathy. As quick as he could get words he said:

"Tell them yes, yes, yes; tell them they shall go to the Mountains of the Moon, if they will. If I sail the schooner through the Great White Desert, they shall go home!"

And after some fashion Nolan said so. And then they all fell to kissing him again, and wanted to rub his nose with theirs.

But he could not stand it long; and getting Vaughan to say he might go back, he beckoned me down into our boat. As we lay back in the stern sheets and the men gave way, he said to me: "Youngster, let that show you what it is to be without a family, without a home, and without a country. And if you are ever tempted to say a word or to do a thing that shall put a bar between you and your family, your home, and your country, pray God in his mercy to take you that instant home to his heaven. Stick by your family, boy; forget you have a self, while you do everything for them. Think of your home, boy; write and send, and talk about it. Let it be nearer and nearer to your thought, the further you have to travel from it; and rush back to it, when you are free, as that poor black slave is doing now. And for your country, boy, and the words rattled in his throat, "and for that flag," and he pointed to the ship, "never dream a dream but of serving her as she bids you, though the service carry you through a thousand hells. No matter what happens to you, no matter who flatters you or who abuses you, never look at another flag, never let a night pass that you pray God to bless that flag. Remember, boy, to do with all these men you have to do with, behind officers and government, and people even, there is the country herself, your country, and that you belong to her as you belong to your own mother. Stand by her, boy, as you

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