

Along the "L" Platform

They're Waiting for the Train to Coney Island

By Jack Callahan



Pauline Furlong's Daily Article on Health and Exercise

Prevention of Hay Fever Made Easier by Following Proper Rules for Diet, Breathing, Bathing and Exercise to Avoid Retention of Poisons, Says Evening World's Authority.

W HEN hay fever has once attacked a person a rigid rule of hygiene and proper living must be followed until the system is relieved of the causes and poisons which are encouraging the trouble to exist, and for this the Turkish or electric baths are next in importance to light, proper diet. These baths open the pores and aid the skin materially in throwing off the retained waste matter from the body. A free action of the bowels must also be encouraged, and the habit of deep breathing through the nose must be cultivated to bring relief. Erect carriage of the shoulders, head up, chest out, abdomen drawn in and freedom from tight clothing are some of the simple conditions necessary to proper breathing. Deep breathing means strength, increased nutrition, pure blood, healthy lungs, clear skin, improved digestion, nearly all of which are necessary to keep the body beautiful, healthy and free from diseases.

Those of my readers who fall victims to hay fever during certain months of the year should follow the few simple rules for living outlined in these articles during the rest of the year and thereby keep the body well fortified against diseases of all kinds. It is a safe prediction to make that if this simple advice for prevention is followed out faithfully they will not be so easily subject to this annoying disorder. Readers who suffer from hay fever must understand that this disease, like most others to which the flesh is heir, is indirectly the result of digestive disturbances caused by wrong combinations of and too much food, and they must start to avoid it on this basis also.

Exercises for the trunk muscles should be indulged in several minutes each day to stimulate the eliminative organs to action and encourage profuse perspiration, which is helpful. The sluggish blood must be made to move through the body more rapidly and thinned out through copious water drinking.

- Answers to Health and Beauty Questions. FEVER BLISTERS—BEATRICE F.: Camphor spirits applied to them on a puff of cotton will help some. PERSPIRING FEET—MRS. F. R.: Yes, salicylic soap is effective for perspiring feet and bad odors. WHAT VEGETABLES TO EAT—MRS. H. G. F.: All vegetables should be eaten, though the green ones and salads are best. Raw vegetables and greens contain necessary mineral salts for the blood and should be eaten in some form each day. BITTER TASTE—MRS. S. F.: Water starvation and retained waste matter in the system cause this. Exercise and copious water drinking will help you some. GRAPE JUICE—MRS. FRANK G.: Grape juice is a healthful drink and a blood producer, when pure and properly prepared. It is fattening. PAINTESS—MRS. P. C.: You feel faint after standing a while or after other exertion because you are

"Ma" Sunday's Intimate Talks With Girls

"THE BOY NEXT DOOR" By Ma Sunday

FOUND the family in a state of pitiable agitation when I answered their hasty call for advice and counsel. Johnny, the family pride and paragon, was in the toils of a vampire fifteen years his senior. The boy lacked but two months of being twenty-one, when he would inherit a considerable fortune from his grand-mother.

Time Savers for the Busy Woman By Andre Dupont. Taking Care of the Sewing Machine. ONE of the things that most annoys the busy woman is to have her sewing machine "set up" just when she is in a special hurry to finish some piece of work. Now she could save herself much time and money, she must pay for a man to repair it if occasionally she would like the machine itself a little much needed attention. No piece of machinery will run for a long time without cleaning, for its bearings get clogged with dirt. But most women know little or nothing of the mechanical part of their sewing machines, and are afraid to touch them, calling upon outside help for the most trivial derangements.

Misses' School Frock Which Any Mother Can Make at Home

Designed by Mildred Lodewick

A FROCK to start the school days which guides scrupulously by the mandates of simplicity that govern all little girls' clothes, yet attains an amazing quality of style and individuality, is this one I have designed for to-day. Little girls' hearts, they say, are not easily captured, but I am sure none could resist the appeal of this delightful frock, which so naively suggests the military brand trimmings are there, to be sure, but the most important of all is the big patch pocket on the right side, which is held like a soldier's kit or gun by a strap flung over the shoulder. This strap, however, affects more than it is made to give, for the pocket is in reality stitched securely to the frock and calls upon the strap for decorative purposes only.



THE THOROUGHbred By Henry Kitchell Webster

Here Is the Answer to the Question That Every Man Asks Himself, an Answer That All Women Wonder About. Alfred Blair, a successful young business man, is forced to leave by unstable conditions. His wife, who had married him frankly for the money he drew and could not spare, and his children, who had been brought up to look upon him as a contractor's son, are left in a state of confusion.

CHAPTER XIX. (Continued.) THE main purport of this extremely explicit letter went by Celia almost uncomprehended. What her mind fastened upon were two or three phrases near the beginning that dealt with Alfred's already attained prosperity. His "broad mahogany board" in a private office, where they'd been rooted for the past three or four days. The important people outside clamoring for audience with him and not getting it, obsequious secretaries and stenographers hovering about. He was sitting there like that now—while she ironed his shirts. He'd been there yesterday—while she had washed them. It had been a steamy hot day yesterday. For how many weeks—months—had the farce been going on? Had it ever been anything but a farce? Well, yes, it had. She recalled with a hot, fierce relish the night of their parting after their dinner-party. The agent there had been in his voice when he told her he couldn't stand the hell he'd been living in any longer. It was she who had pulled him out of that hell and given him a taste of Paradise. There could be no doubt about that, either. And this was how he had repaid her! With distrust, deceit—oh, downright lies. Making a fool of her with his precious \$20 a week in an overcoat! Well, she had him now, as the saying is, to rights. She'd wait a little longer, until she was sure he had received his \$25,000. And then she'd ask him, casually, how the great inven-

A REAL STORY OF THE BATTLE LINES With Sketches by the Author Bruce Bairnsfather "BULLETS AND BILLETS" BEGINS MONDAY, SEPT. 10

couldn't be anybody else who'd be— "Fool enough," Celia put in contentedly. "Oh, well," she said, "I don't care what name you call it by." He found out about her visit to the office, too—no later than next day. "That stenographer of mine," he said, "has got a queer howl in her honks. She swears that you were in my office yesterday morning, and that you waited there for an hour to see me, and then went away." "It must have been a lady, then," he supposed, mused Celia. "I don't suppose," mused Celia, "I don't suppose, all dressed up, probably, and terribly excited because they wouldn't let her in." "But what made her think it was me?" she asked. "Well, of course," said Alfred, "there are three pictures of you on my desk." And then, meeting her eyes, he cried out, "It was you!" Well, the new car had arrived by then, and what with the excitement of getting ready for their trip and preparing the feast that Major March had been invited to for that night, and the delicious bliss of just dropping everything now and then and looking at each other, I suppose it is no wonder that they failed to treat that potential and so narrowly averted tragedy as soberly as it deserved. Indeed, beyond a guilty laugh from Celia, and a very stern and an exclamation from Alfred, they didn't think of it at all.