

How to Keep Your Youth

PAULINE FURLONG'S HEALTH TALKS

Why the Neck Should Not Be Overexercised

TENSING movement for the muscles of the neck is shown to-day, and it should be practised as follows: Hold the open palm of right hand against the right cheek and then press firmly with the hand toward the left side while pushing the head toward the right. Do the same with each hand to each side about ten or fifteen times at each practice.



With the open palm of the hand press one cheek toward the other, resisting the pressure by pushing the head against the hand.

I have given but few tensing exercises in any previous lessons, because it is not an easy matter to illustrate them and make them sufficiently clear for readers to understand. All tensing and relaxing exercises are most valuable for nearly all parts of the body, and many physical culture courses are made up entirely of them. If the muscles are not held tensed during the practice of these and completely relaxed immediately afterward most of the benefits from them are entirely lost, and readers should remember this important point.

appear on it, and every woman should be careful not to become too strenuous with the exercises and thereby cause the neck to assume that aged and "ropy" appearance so often in evidence in elderly women. All of these disfigurements may be avoided if a little time and care are allowed for the intelligent treatment of the neck and throat just once each day or night.

Some necks appear flat in the front and fat and bulky at the sides, and this condition may be corrected through deep massage, in rotary movements under the ears, together with any of the head turning and twisting exercises which affect the muscles at the sides of the neck.

Enlarged glands and veins in the neck cannot be removed once they

Answers to Health and Beauty Questions.

TOES LAP—MILDRED F.: Wearing shoes which are too narrow caused this, and I doubt if you can overcome the condition. Anyway, you might consult a chiropodist who can straighten the toes again.

NO BREAKFAST PLAN—MRS. WALTER P.: If you are nervous you should avoid the no-breakfast idea. Have a light breakfast in bed and drink milk if the stomach can stand it. Heat and not any special diet is what you need. Eat light foods which do not tax the digestive organs.

TO APPEASE THE HUNGER—MRS. H. N. B.: Make a mixture of hot milk and hot water, one pint of each and drink when you feel hungry. This is stimulating and not fattening. This should be sipped slowly in lieu of a meal and should not be gulped down, as is the usual custom.

PREVENTING COLDS—MRS. H. N. B.: Activity is the very best preventive. Keep the blood moving and also the air in every room in which you remain any length of time.

CUCUMBER OINTMENT FOR OILY SKIN—MRS. W. T. K.: Wash, wipe and chop with a silver knife one-half dozen sound cucumbers, but do not peel them. Then take ten ounces of sweet almond oil and place it over warm water in a double boiler. Place the chopped cucumbers in the oil and heat gently until they are very hot and steaming. Then remove to slower heat and let simmer slowly over the water until they are a mushy mass. Strain through gauze and squeeze to extract as much juice as possible. Then add very slowly, and while stirring, four ounces of benzoin. Place in airtight

Newest Things in Science

An instrument has been perfected by German electricians for accurately measuring the voltage of high tension currents up to 150,000 volts.

A flat plate to fit the palm of the hand and a block to rest against the thumb feature the handle of a new knife designed for cutting wood.

The fan-shaped hopper, within which is a movable blade, forms an implement patented by an Englishman for quickly slicing fruit for marmalade.

An automobile alarm whistle to be connected to the cylinders of a car can be made to utilize the full force of their explosions when desired.

The eyes of a South American fish are divided into two parts: the upper being adapted for vision in the air and the lower for use under water.

An eighteen-year-old Utah boy in the inventor of a combined rule and triangle that solves problems in trigonometry, geometry and mechanical drawing.

According to Dutch figures, Japan was second to the United States in the production of copper last year and was followed by Chili and Mexico.

A new automatic stopper for decanters opens when they are turned to pour out their contents, closing to exclude dust when the decanters are righted.

A process has been patented by a Weika inventor for removing solder, tin and chemicals from scrap and galvanizing metals and utilizing the waste metals.

Since the discovery of tin in Alaska in 1902 nearly 1,000 tons of the metal have been produced, and it is believed that this year's yield will be 300 tons.

Can You Beat It!

By Maurice Kettner



WHAT HE LEAST EXPECTED

BY HOLWORTHY HALL

Miss Rexford Lays a Clever Snare To Further Her Own Ends, And Gains a Point

CHAPTER XI. (Continued.) "GENERALLY," said Hollister, "I think of you as very practical."

"That's funny! So you think I haven't any emotions?"

"Not that exactly. Lots of practical people have emotions—but they're in leash most of the time."

"And as a plain matter of fact," said Miss Rexford, locating the moon and watching it dreamily, "I'm probably the most emotional person you've ever known."

"I'm not an infant, Miss Rexford."

"That's your way of saying that you don't believe me?"

"No—only my way of saying that I've seen a great many people."

"Curious," she commented, inclining ever so slightly toward him.

"What's that? That I'm so ancient?"

"No, not that. I'm just beginning to enjoy it. It's wonderful, but it makes me a little—helpless. Does it you?"

"Helpless!" said Hollister. "Far from it!"

"Somehow the vastness of it—the infinity of it," said Miss Rexford, earnestly, "takes my breath away. I hate little, sordid, trivial affairs—I'm never claimed to be clairvoyant, Miss Rexford."

could do anything you want—have anything you want—be anything you want."

"Hollister looked down, and was uncomfortably cognizant that Miss Rexford was very close to him, and that she was deeply agitated. She was breathing rapidly, her lips were parted and her eyes shone with an eager light which wasn't wholly lost upon him.

"Absolutely sure," he said. "You could do anything."

"And—have anything?"

"Miss Rexford sent out her hand to touch his, which was resting dormant upon the wall."

"You give me courage," she said. "You see—no one ever told me that before—I've thought exactly the opposite!"

"And withdrew her hand. "Still," she said in an ordinary voice, "I suppose you say the same thing to every girl you ever walked with in the moonlight. They're stock phrases, aren't they?"

"Hardly!" Her hand crept back and came to harbor.

"I didn't mean to hurt you—I wanted to be sure you were in earnest about it. You don't know what my life has been; you don't know that I've never lived like other girls—some very slight things give me some very great joys—I want to bury you in the pressure of her good fingers. I can come back to them and dig them up and gloat—when I need to."

"Surely you won't try to persuade me," said Hollister, not at all agitated by the pressure of her good fingers, yet not at all secure of the standard of his gratification, "that nobody ever told you're beautiful!"

"No one ever told me in a spirit of friendship. I've been told in jealousy, and I've been told in—jealousy. But—yours' different!" Her clasped tightened. "Oh, Mr. Hollister! she said quickly. "If I told you how much I'd give to have you for a friend—wouldn't you think I'm insane? I haven't a soul in the world who takes me as an individual; I'm almost a domestic servant to you!"

In touch of himself, Hollister was touched. He was also increasingly timorous. Miss Rexford, with her magnetic personality and her penetrating voice, seemed to have the faculty of playing upon his nerves; his balance rocked on the verge of overthrow.

"If you need friends so badly," he ventured, "why don't you look around you?"

"Around me? Haven't I?" "Perhaps too far away." She carried one hand to her breast in a pretty gesture.

ISOBEL A STORY OF THE BIG NORTH WOODS

By James Oliver Curwood

Will Begin on This Page Monday, Dec. 24

The third was Hartwell. Hollister had expected the lawyer, he hadn't dreamed that Ned Ballin and Kirby would accompany him; so that his pleasure in the reunion was correspondingly great.

Long before the newcomers had passed customs, Hollister's resolution was fixed. He had settled once and for all the matter of his duty toward his friends. So that almost in his first sentence with Ballin he made an appointment for the post-luncheon hour, and let it be known that he had matters of great mystery to divulge. And at half past one Hollister, who, after speaking casually of riding, had disappeared and climbed the servant's stairway to escape observation, opened the door of his room to two sober and sedate youths from the metropolis. He wanted no precious time in circumlocution.

"Ned," he began, "this is your business more than it is mine—but we've known each other too long to waste much time in floundering. I just want to tell you quick that this Rexford girl isn't a fit companion for you."

"I didn't exactly want to tell her—Mr. Cloud, either—but you ought to do something about it darned quick! Now, you can take that or leave it, but—"

Ballin waved his hand as a signal to delay.

"That's quite all right, Phil. Only what's happened?"

"Most everything," retorted Hollister. "The last stunt was to work up one warm young flirtation. Summer stuff right off the striddle. And I'm plenty intelligent enough to add two and two together. Now—strictly between ourselves—when I tell you all these things I'm sort of cutting my own throat. It'll harm me a good deal, but that's immaterial. I won't go into details unless you see some good in it. But I can't help putting real friendship above things like temporary jobs."

"I'm afraid there's something crooked going on around here. First—do you mind telling me if Mrs. Cloud has much money?"

"Ballin and Kirby both nodded. "And Hartwell's after it?"

"He's after it."

"He's come a long way after it," said Kirby.

"Well, then—my flat statement is that this Miss Rexford isn't straight. I know that! She's got some game she's working. And this is my bunch—and I can come pretty close to proving it, too—Miss Rexford's working for Hartwell. Underground—tunnel stuff—I don't know how to describe it, but something simply to help his case, or to save off authors—I don't know what it'll be, but it's a thousand dollars to a cracked spark plug you'll find she's Hartwell's private spotter! You'll

The Evening World's Kiddie Klub Korner

CONDUCTED BY ELEANOR SCHORER

Buster's Adventure

By Uncle Harry

The Quicksand

ONE DAY Buster went down to the pond and saw a little turtle sunning itself on a log near the bank. He wanted to try and catch it, but it slid off into the water. He watched a long time but the turtle never came up again.

"It will surely be drowned," he said to himself; "I must tell somebody."

Off he ran as hard as he could, until he met Mr. Fox.

"Oh, sir!" he cried; "some quick, the turtle has been under water a long, long time."

Mr. Fox sat down and laughed. "Why, that won't hurt him; he can live under water."

"It must be fine to be able to do that," exclaimed Buster.

"It is," replied Mr. Fox. "Would you like to learn how?"

"Yes, indeed," said Buster.

So Mr. Fox led the way to the marsh. Out in the middle of a wet, muddy place was a plant with bright green leaves.

"That's one of those leaves," he said. "And you will be able to live under water."

Buster started to walk out to the plant. It's feet seemed to stick, but he was so eager to learn to live like the turtle that he kept on.

All at once one foot went in very deep. Buster pulled it out, but then he found that another foot was stuck tight. He tried to jump, but before he knew it all four feet were caught fast. Then he felt himself sinking.

"Help me, Mr. Fox," he cried, but Mr. Fox was gone.

Oh! how scared Buster was. He harder he tried to get out the deeper he seemed to sink. Why had he obeyed a mother and run away from home? Suddenly he heard something splash inside him. It was a long branch.

"Climb on this, Buster," called Mr. Elephant. He had thrown the branch out across the quicksand to save Buster.

There are so many questions to answer for you that I can write only a very little note to-day. It does not take a great length of time to decide what it shall be about, because we are all thinking of the same thing these days—our Christmas celebration. I have told you before that we will gather at the Manhattan Opera House on Dec. 27 at 10 o'clock in the morning, and that there will be no admission charged either for kiddies or for grownup people. But not more than one adult will be permitted to come with a child. The Cousins' Klub pins will admit them.

You have already heard a good deal about the clever cousins who will entertain that day, too, and will learn more of them shortly, but have I said anything about the little restriction I am going to place, upon you, my cousins? I do not remember having mentioned it before. It is that

you must not bring candy with you into the theatre that day. In my next letter I will tell you why.

I wish that the Naval Scouts and Boy Scouts who belong to the Kiddie Klub and who wish to do their bit toward making the Klub Christmas festival a ripping success, would please send their names and addresses to me, and then come to the final dress rehearsal, which will be held at the Manhattan Opera House on the morning before our regular performance. The day which you Scouts will take does not necessitate your learning anything except that which, as Scouts, you already know.

Q. I am anxious to go to the Christmas party, but I don't know what time the day starts. I also would like to know how many adults will be admitted with the children. How many? A. The performance will begin at 10 o'clock. No adults will be admitted with the children. Q. I live in Staten Island. I would love to go to the matinee Dec. 27, but I am too young. Could you take me to see the Klub Christmas? A. Yes. One adult may escort each cousin to the matinee. Q. Please let me know how to become a member. A. The directions will be given in a number of places in the coupon at the foot of the Klub pin.

Members who have belonged to the Kiddie Klub for three months or longer and who would like to see their pins can get new ones by sending in their old pins (in return) with their names, age, address and certain other information to be obtained in the same way. After the new pins are received, the old pins will be given each member, only one pin and one certificate will be given again unless the pin or certificate is lost or broken. In such cases three coupons and 2 cents for another certificate.

There are many ways in which Scouts can help to win the war. When our fathers and brothers go to war we must take care of the garden. And we should find a job and bring home our wages so as to help keep the family.

Always try to cheer mother, telling her that the country needs boys that were old enough to go and if they do not go, they will be starting. Now, that's what I will give to you. When our fathers and brothers go to war, we should find a job and bring home our wages so as to help keep the family.

When the war goes on for years their food supply will be shortened and many will be starting. Now, that's what I will give to you. When our fathers and brothers go to war, we should find a job and bring home our wages so as to help keep the family.

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