# by BLAIR STEVENSON

CHAPTER XIX.

When Nathalie struggled free of Stefano's embrace in the darkness of the firs outside the house and hastened back among the dancers, it was only because, with his arms encircling her and with her eyes closed, there had arisen before her suddenly the spectre of Ferris at Southampton—an officer in plain clothes as she supposed and armed with a warrant for her

His image, and the fear that he would yet discover her hiding place and drag her to justice, was her shadow until the party of which she had been the acknowledged queen and intriguing mystery broke up long after dawn, and Stefano, without trying to gain another moment alone with her, had driven away with the other revelers.

She had lain awake thinking of him and of the man she believed to be hunting her down until nearly noon, and had then awakened after an hour's fitful sleep to more anguished meditation on her grange situation and the danger which, for all she knew, was clos-

ing in upon her. She pushed the call button beside her bed.

The maid's arms were full of flowers, as they had been the day before, but she had a small parcel as well and a note from Stefano written at the Meadowbrook club. It began simply, "Good morn-ing and happiness," and then:

'I have been thinking again of how solitary and depressing your days must be at "The Firs," and so have evolved a plan. Of course you drive? You must get out and about. So I have sent a roadster to you in this packet which accompanies this a pair of driving goggles with flanges so wide that they will be as full a disguise for you on the roads as though you wore your half-mask, and at the same time attract no special attention.

"The packet contains also a pelled to send it as it is instead of bill.

taken place.

to aggravate the other.



practice."

bank did not have your signature. So there is no choice but for you to go there personally. May I hope you will enjoy the drive over and change of scene.

A flush of pleasure was on Nabank note. Call it an advance or thalle's face as she opened the what you will-what does it mat- packet, for it contained a pair of ter? One hopes only that it may be driving goggles sewn to an oval convenient. I find that I am com- of silk mask and a thousand dollar

placing it to your credit at a bank. Her heart leaped at the sight I tried to open an account for you of his generosity and forethought with Pound at Brookville only to and because it represented twice

Miss J. A. Q.—Is it dangerous to

A .- Not necessarily, although ho:

Epsom saits baths are apt to prove weakening unless prescribed by a doctor for some particular aliment.

Miss P. B. Q.—When on a fruit juice diet, what juices other than orange may be taken? 2.—Would improper functioning of

the glands cause excessive weight? That is, if the glands were sub-normal, rather than abnormal?

guiline proper treatment.

C. S. B. Q.—What should a girl of 16, 6 ft. 6 in. tall, weigh? What should a girl 17, 5 ft. 2 in. tall,

2.-De the bones make a difference

and 124 pounds respectively.

2.—Yes, some people are larger and more heavily boned than others.

Mrs. W. H. S. Q .- What exercise

A .- Bending exercises and sane

A .- You should weigh about 188

will help to reduce the abdomen?

dieting.

question therefore cannot advise you pounds.

about it.

-They should weigh about 135

A .- Practically all fruit juices. 2.—Yes, it may. Have your doctor

take a hot bath with a teacupful of

Value of "Roughage" in Diet

By ROYAL S. COPELAND, M.D.

United States Senator from New York.

Former Commissioner of Health, New York City.

HERE is no question that constipation may be a factor in producing piles, or "hemorrhoids," as the doctors call this trouble. The severe straining at stool, which the victim of constipa-

tion practices may result in swelling of the soft tissues at the exit of

the bowel. In time constant enlargement has

For similar reasons heavy lifting and constant standing or sitting may be followed by hemorrhoidal development. Anything that interferes with the free circulation of the blood in

this region, will promote trouble of this nature.

The presence of painful hemorrhoids, a fissure, or other sore place, may be a factor, too, in producing constipation. The painfulness of the passage causes the victim to postpone bowel movement as long as possible. The two conditions are so intimately related that each appears

The longer the waste material is left in the bowel, the greater is the probability of fermentation. When fermentation takes place there is

gas formation. In its turn, the gas dilates and distends the bowel. If long continued, the distention causes the muscular wall of the flabby. Gradually, therefore the

Gradually, therefor

walls. Such treatments are unwise

Ill health has its effects upon the muscles of the abdominal cavity, just

as it has on the general muscular

system. Constitution is a common and natural symptom of lowered vi-tality and poor health.

Many persons who are otherwise 100 per cent well and strong may

have constipation. In most instances wrong eating and the lack of ater drinking are important factors. The food of modern life is too refined for

bur good. We need roughage in our lietaries. Coarse food is essential. Regularity of bowel action is of the greatest importance. Immedi-

the greatest importance. Immediately after breakfast, time enough should be taken to coax a movement. Running to catch a train is no proper substitute for what is your duty to yourself at that hour of the day.

Cathartics, laxatives, salts and other drugs are unsafe. They mere

ly add fuel to the fire. But the nat-ural methods—food, water, exercise, muscle development and regularity in habits—these will do more in the long run than any medicine.

Answers to Health Queries

A. V. A. Q .- Is the electric needle

the only way to banish superfluous hair? Is it usually successful? What

work? What is the - system?

A.—This method if done by an ex-pert should be successful in every respect. See a skin specialist. I am

not familiar with the method in

specializes in this kind of

without medical approval.

be reminded by him that I did the sum which she had received

plan of hurrying to Brookville, depositing her money in the bank there and then repaying—she did not know quite how-the Waldorf Astoria on her New York bank if it was that institution which had suffered a loss through her.

Stefano's car was at the door. It was a rather conspicuous cara long, low sporting affair with a high hood and a yellow body trimmed with black. She saw at once that in a car of that model the driver's goggles she now had on would be in character with it and evoke no comment by other motorists who met her driving.

She reached Brookville just be-fore Pound's bank closed at 3:00

He was in the office where she had seen him first and knew her as soon as she spoke to him, so that she did not have to reveal her

."Yes," he said coldly, "the bank will take your account and you may draw on the deposit you will make today after 48 hours. That is a banking custom.'

"Not at once?" she inquired in disappointment, full of her plan of making restitution for the bad check she had given in New York. "No," he replied, coldly as before. "It would be against banking practice.

He had expected the deposit with which she was to open her account would be by check or draft and so had insisted on the banking custom that she could not at once draw against it. And he was congenitally close and mean. So when he saw the thousand dollar bill she laid on his desk he did not inform her that it was her right to draw against actual currency at once. He merely nodded, watched coldly while she signed the two signature cards he laid before her, and gave her a pass and check book.

She left the bank, depressed because she did not feel free to call up the Waldorf-Astoria at the attention off his work. Did Pound nearest pay station. She was too mention to you that I'd been in?' inexperienced to know that with funds in bank she could have done utes, her whole mind filled with put to loss, and that the law had met his breed before; generally in from me. I'm working."

## WORD HUNT (Trademark)

In the English language there are TEN WORDS (each having just six letters) that-begin with the letters A S T One of them is ASTARE

YOU supply the others. 2AST 3 A S T 4 A S T 5 AST 6 A S T 7 AST 8 A S T

9 A S T

10 AST

To the rear. Behind a vessel. A disease characterized by difficulty of breath-

Brooping. Pertaining to the stars; starlike.

Wandering; straying; out of the way In a strutting manner: with a strutting gait. Keen in discernment; shrewd; crafty.

NOTE: Proper nouns, obsolete and archaic words, extremely unusua hnical and scientific words, words that would offend good taste and those plurals of nouns and singular verbs that are formed by the addition of . or es, are purposely excluded from Word Hunts.

Turn to Classified Page for solution of Word Hunt

no case against her and its trailers small towns. I'm going to see if I were not seeking her out.

"The day after tomorrow, though, I can communicate with them," she said to herself as she went out to the street.

Stefano's bright and high-powered car stood at the curb. A welldressed man standing with them turned at her step and raised his hat to her. It was John Sloan.

"I'm fighting," he said at once and with the pleasantest of smiles, "against temptation. The human being in me wants to beg you to take him for a drive and let him talk to you, but the lawyer in me is working today and doesn't dare to let you take his concentrated

Nathalie shook her head. "He wouldn't," Sloan agreed, so-and in addition have had "any more than he'd mention to not know your name and that the from the Waldorf-Astoria when cleaned up the whole state of facts me that he knew you were dancing she cashed a valueless check there which were unknown to her about in your own house with a mask on. the day she fled from New York. the check; how Sloan had made it He omitted to do that. He thinks both where you can always find She was downstairs in 20 min- good, and the hotel had not been he's as deep as a well. But I've them, And now please drive away orange awnings, was almost vocal

can't surprise him."

Nathalie looked her own surprise. "In what way? I don't believe I see-"

"Neither do I," assented Sloan cheerfully. 'I don't see a thing so far, although for the last two days I've been quietly investigating both here in Brookville and one or two other places. All I've turned up so far is that Pound is in a great hurry with his foreclosure suit and we knew that a month ago. But why the hurry? What motive is there under his almost indecent haste to get his clutches on your property? Maybe nothing have determined to find out before sale day."

He turned the subject. "Is everything going all right?" And you have my telephone addresses, the torists. The shrubbery had four orange awnings, enhanced the speday and night? Fine. Keep them

TELL MR

PERKINS THAT

CONFERENCE!

labor-savers, useful, well made and same size are also desirable to stir worth buying. It isn't necessary to wait until one can afford the last word in expensive machinery for the home. Lots of small items in the spoons of different lengths is necessary to spoons of different lengths is necessary. few-cent class will do fine first-aid sary if much cooking is done. They

exactly, and a half-cup and a quar ware never break, as every houseexactly, and a hair-cup and a quart measures ter-cup. Pint and quart measures wife knows.) are also desirable. The less guess work in measurement, the surer is cooking a success. A soap dish that fastens onto the faucet, an cooking a success.

the right kind don't run into much strainer—small items in themselves money, but they make a lot of difference in the preparing of food. puttering. Paper bags to line th Stainless steel is rot expensive. And garbage pail to away with the un several sizes of knives, each for a pleasant job of cleansing daily.

66 O use telling me I need a specific purpose bread knife, long vegetable knife for shredding and chopping, smaller ones for paring—

Home-Making Helps

By ELEANOR ROSS.

Inexpensive Househould Aids.

cleaner, an electric icebox and a lot of other nice machinery," the new wride said cheerily. "We can't afford them just yet. What I'd like to know is, are there any down failures : turning hot cakes, ittle heips that cost next to nothing, omelets, heips to lift a cake from but which 1 lly work?" She was dubtious and willing to worry along with troublesome makeshifts if handled spoons are great aids. A metal one that's at least fourteen But, as a matter of fact, there are dozens—perhaps hundreds—of perfectly good little devices which sell for a few cents and are first-rate Wooden long-handled spoons of the

work to the woman who is her own cook and maid-of-all-work.

The important helps for the young cook are those things which reduce ment is containers for the teebox. failures. Whatever helps to make Too often come of the service china e: king fool-proof is worth a small is placed in the icebox with left-over outlay. And measuring devices are first on the list. A set of measuring puts it out of service and adds a spoons which measure - table risk of breakage. A set of icebox spoons which measure it table that of breakage. A set of leebox spoon, one teaspoon, the half and containers of pottery or coarse glass does a measuring cup which has the risk of breakage a great deal. These cheap bits of china or glass-

Two or three kitchen knives of enamel sink shovel and brush, a sink

#### CHAPTER XX.

"Flintstone," Mrs. Pemberton Swayne's estate at Westbury, Southampton and the place at upon the least word or implied the late autumn, was in flawless | Swayne. running order.

but blind greed. Possibly-but I the summer had been plenteous chaise longue-made to her order with rain, ran down from the at Canton-which had been placed house to high hedges which for her on one of Flintstone's screened the grounds from the many porches. The warm autumn contaminating gaze of passing mo- sun, filtering through one of the men to attend it. The house, of cious youthfulness of her. She deep brown shingles and with had had a reasonably agreeable of the fact that it had been de-

signed by New York's most fash ionable architect. Within it, it' furnishings and equipment were where she usually tarried a few impeccable to the last match tray. weeks between her residence at And all within it waited and hung Lenox where she invariably spent command of Mrs. Pemberton

She was slim and youthful The lawns, like green carpet, for looking as she lay on a wicker

(Continued on Page 13)

#### POLLY AND HER PALS

"'Meeting' The Demand"

PERKINS

ON THE

### By CLIFF STERRETT







WIRE MRS PERKINS.

EXCUSE

BE

BACK

MOMEN

IN

"Postponed Business"



By RUSS

# LISTEN, MAC, COME OUT DUA THEIMOT BRUCH THE WE'LL SPEND THE EVENING HIM OKAY IN BUSINESS MITH HIM

LITTLE ANNIE ROOEY



"An Annoying Stranger"



By BEN BATSFORD

By JIMMY MURPHY

#### WHILE IN THE MIDST OF MIXING A CAKE MRS. O'FLINN FOUND SHE WAS SHORT OF NUTMEG SO SHE SENT

ANNIE

TO THE CORNER

STORE -











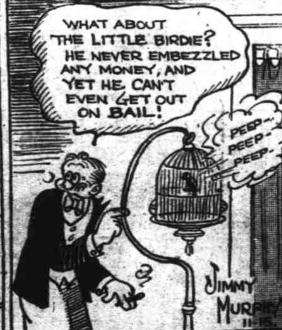


TOOTS AND CASPER MORTIMER CLAMBY IS WORSE THAN









"A 'Jail Bird'"



DOWN THE JAIL THEY PUT HIM IN OR HE'LL WALK AWAY WITH IT! HE EMBEZZLED A LOT OF DOUGH SO HE'S GOT TO GO BEHIND THE