

SWIMMING FOR FAME

The Story of THE WATER STAR Pauline Jackson

By GEORGE B. JR.

(Continued from Last Week)

In this installment Miss Jackson concludes the story of her hopes and ambitions and tells of her preparations for the Canadian Marathon to be held August 22.

"Long ago I felt the urge to swim the English channel. It was a feat that I had always looked forward to accomplishing.

"You know the distance from Dover, England, to Calais, France, is twenty-one miles. This is the shortest distance between France and England. The management of the Lafayette Theatre was generous enough to give the theatre free for a monster benefit to sponsor my making the trip. Caspar Holstein, Bojangles Robinson and Bill Vodery put their energies into the project, and arranged a fine program with Broadway stars taking part. The whole thing did not turn out successfully, partly because of heavy expenses and partly because Greenlee and Drayton had to go to Europe. And so I did not get to make the trip. I have not given up the hope of doing the job, however."

Training for the Meet this Year at Toronto

As a swimming instructor in one of the largest pools in New York, Miss Jackson finds herself in a better position to keep up her training for the big international swimming meet to take place in Toronto the latter part of August. After her work at the pool is over at 7 p.m., she takes a rub-down and goes home. She is in bed by 10 p.m., and after a sound refreshing sleep is up at 6 a.m. to take a daily five-mile swim from Throggs Neck to City Island on the Sound.

One day during each week she covers a distance of ten miles. To her, Sunday is just another day for her daily work-out. She has lowered her twenty-five pounds of excess weight by eight pounds. Experience has taught her that fifteen pounds of excess weight gives her an admirable reserve to cover the ten pounds of loss encountered in a long distance swim. The distance she will have to cover is 10 miles.

Her daily menu is made up of wholesome and strength-giving foods. Breakfast: Bacon and eggs, buttered toast, orange juice, medium coffee with plenty of cream.

Lunch: Raw vegetables like lettuce, carrots, and tomatoes, with mayonnaise dressing, pie and milk.

Dinner: Beef stew, string beans, cabbage, plenty of fish, or steak, a little ice cream, and chocolate.

Even with her strenuous daily work-out Miss Jackson finds time to enjoy friendships and when I entered the senior events, I was dead tired and listless.

"I don't know whether I am going to do any more running or not. You see, I am an old settled married man now, and running is not so good when a fellow reaches my age."

her work at the pool. She likes training the little kiddies best of all.

"There is something about the training of children that gives you a new lease on life," she explained. "I find them so hopeful, and so sincere in their efforts. I use little games to get them interested in the idea of loving the water. Acting the jelly fish, sleigh riding, steam boating, and windmilling represent the various stages from getting accustomed to staying under water, to swimming with some ease by following the simple rules."

"I find myself using these baby terms on my older students, who look up at me and want to know what the joke is. That's the pleasure and joy of teaching kiddies. They are all dreamers and believers. I am proud of my class of youngsters. They are all in deep water now and ready for their try-outs for the Red Cross beginner's button. The Red Cross believes that the more kids you train the more lives you can save."

Concerning her plans for the meet this year Pauline Jackson shows all the child-like hope and dream spirit of her little swimming pupils.

"I don't know how I am going to manage this year as far as the money is concerned," she spoke quite naively, "but it will come out somehow. I may hike up part of the way again. I haven't much money this year. The small wages and the fact that times are hard generally are partly the cause. I'll make it somehow."

Her voice had all the confident ring of the child who is determined to become president of the United States, "just as soon as I grow up." Her trainers, Bill Sadio (white) Manhattan champion swimmer, Dixie Kid, trainer of many famous athletes, and John Mason, Jr., are all confident of her ability and her chance to win.

She described the grounds of the International Exposition, giving me a picture of a microcosm. "It looks like a giant patchwork, neatly laid out," she laughed, "and in each square you have a different country. A little

train carries you over the grounds. You go from France to Italy, and on to Germany. That's the way it goes and there are no passports to be signed, no visas to be shown. You don't have any diplomatic red tape.

"Just imagine taking a little bit of each country with all its customs, atmosphere, and the things that give it real identity, and placing it in the quilt, and you get the idea of what it all looks like. The different languages, the colorful costumes, the faces, the games of chance, and all the things that go to make up such a pageant are in evidence. You get into the spirit of the whole thing and you are carried on the wave of excitement. It gets into your blood and you go into that swim with the zest and the feeling of a winner."

"And when you have won your race in this meet, what are you going to do?" I asked.

"There are many things I want to do," she said a bit wistfully. "I want a home for mother and dad, I want to find some nice fellow to settle down with and get married. There is a lot in life that I want to catch up with. I would like to head a band

and tour the country. Oh, there is so much to be seen, so much to do and so much to think about." She waved her hand in an expansive gesture, as if she were holding the stars in her hands.

"I have no fear," she continued. "I am going up there to win because I have faith in myself and my trainers. Mother and dad have faith in me and their prayers are going with me."

And that is the spirit of Pauline Jackson, who, with Walter Johnson, hopes to win a crown at Toronto on the twenty-eighth of August. She is more than a game sport, a hard fighter, and a star swimmer.

She is the daughter of Wordsworth's "HAPPY WARRIOR."

EDITOR'S NOTE: Next week the writer begins the story of Walter Johnson.

Wonderful Driver

"Daughter, you say Harry is a good driver? Railroad crossings are so dangerous, you know."

"Oh, mother, he's wonderful at the crossings. The way he takes you over them you can't tell whether a train's hit you or not."—Pathfinder.

W. Va. Town Clerk for 50 Years Renominated at 81

Townpeople Believe His Record is Without Equal. Democrats Put Up No Opponent.

William Henry Lucas, known to every resident of Cadiz, W. Va., and who, despite his 81 years, is active as the town clerk, was a candidate in the primary in Cadiz last month for renomination, says the Wheeling (W. Va.) Intelligencer, and adds: "It was a foregone conclusion that Mr. Lucas would be renominated for over 30 years."

Mr. Lucas has filled the position for a half century and it is believed that his record is one that is not equalled in the length and breadth of the land. Through his years of experience he has garnered an unusual store of information about Cadiz and its municipal affairs, and when there is a question of doubt, Clerk Lucas is consulted.

Born in Virginia, Mr. Lucas was born in Richmond, Va., September 29, 1850, and although slavery prevailed at the time, he was free born as were his parents. His parents moved to Cadiz in 1853 and Mr. Lucas has been a resident of the community for almost four score of years.

An Easy Matter
Poet—Your father says I ought to have \$30,000 before I marry you.
She—Well, dear, I can wait a few months.—Pathfinder.

Educated in the Cadiz public schools, Mr. Lucas himself became a teacher in the grade schools. In 1870, when the high school was thrown open to colored students, Mr. Lucas, with the assistance of Superintendent of Schools Myers, entered the course and was given his diploma in 1873. He continued his teaching and eventually came principal of the Cadiz colored school, which position he held for years.

He has always been active in the Cadiz A.M.E. Church and in the colored Masonic lodge work.

Elected First in 1882
Mr. Lucas first sought political honors in 1860 when he ran for town clerk and was defeated. In 1882 he tried again and was elected, and has been re-elected every two years since. In many campaigns he was unopposed in the rival party. That situation will be true this year for on the Democratic ticket the clerkship is blank.

Under Mayor Andrew Price the town clerk is serving under his fifteenth executive and four of that number have been Democrats.

Realized
"I started out with the idea that the world had an opening for me."
"And did you find it?"
"Yes, I'm in a hole right now."

WORDS OF PRAISE FROM WOMEN WHO REALLY KNOW

★
"THIS BLEACHING
CREAM LIGHTENS
SKIN QUICKER"

Says Mrs. Frederick
G. Trapp.

"It's really amazing to see how quickly genuine Black and White Bleaching Cream clears up bumps and lightens the skin. The "double strength" feature does it."



Mrs. Trapp, the wife of Dr. Frederick Frank Trapp, is a member of the most exclusive social set of Chicago.

Here's the **DOUBLE STRENGTH** Bleaching Cream that Lightens and Whitens **DOUBLE QUICK**.

Genuine Black and White Bleaching Cream is different from ordinary bleaching creams because it has the exclusive **DOUBLE STRENGTH** feature. This causes Black and White to quickly penetrate down into the "fourth layer of the skin" because it is there that skin coloring is regulated. Ordinary bleaches are too weak to do this. Black and White Bleaching Cream is "double strength," scientifically made so that it will lighten and whiten the skin in half the time and do its work twice as effectively. This marvelous bleaching cream also fades out mole discolorations and dark spots and clears up bumps, oiliness and moth patches in record-break-



ing time. Its regular use will enable you to hold the exact shade of fairness you desire.

Today . . . go to your favorite drug store or toilet goods counter and ask for Genuine Black and White Bleaching Cream (Double Strength). The large handsome opal jar is only 50c. Be sure that you get Genuine Black and White because it is the only bleaching cream that has the exclusive "DOUBLE STRENGTH" feature. To get best results, always cleanse your skin first with genuine Black and White Skin Soap (large bar 25c) before you apply Genuine Black and White Bleaching Cream (double strength).

Genuine ★

If you cannot get Genuine Black and White Products from your dealer, send us his name and address, together with retail prices of products desired and we will see that you are promptly supplied through your dealer, all charges prepaid. Address Black and White Company, Chicago, Ill. ★

BLACK AND WHITE BLEACHING CREAM