

'SOUPY ISLAND' SEASON ON; CITY KIDS ARE HAPPY

River Boats "Lizzie" and "Johnnie" Again Carrying Exultant Childhood to Red Bank

JUST ESCAPES DRAFT

Little Green Paradise on Delaware Almost Wasn't This Year, but It's Open Today

By M'LISS
Some day there may be enough fresh air and good things to eat for every child; but until that happy day, there is "Soupy Island."

"Soupy Island"—you know it's that neat little, sweet little green paradise down on the Delaware which staid grown-up folks in their staid grown-up way insist on calling the "Sanitarium at Red Bank"—has come into its own again. The forty-first season is on and the "Lizzie" and the "Johnnie"—something more than mere river boats to the kids—are once more carrying their full cargo of exultant childhood back and forth from the torrid, torpid city to the cool, verdant country.

ISLAND ALMOST CONSCRIPTED
But "Soupy Island" almost wasn't this year. The tragedy was very nearly brought about by virtue of a letter written by a high and mighty person called the commandant at the navy yard to Edwin S. Dixon, vice president of the Sanitarium Association. This letter wanted to know all about the acreage of the "island" and what facilities it might offer for a training camp should the navy yard become even more over-crowded than it is. In short, "Soupy Island" was in grave danger of being conscripted.

But Mr. Dixon wrote and explained how "Soupy Island" was in reality a training station; in fact, a life-saving station, with its hospitals and swimming pools and playgrounds, for the soldiers and sailors-to-be, and so the commandant wrote back reassuring him that unless the navy yard had become very, very dire, indeed, "Soupy Island" was exempted.

As Tomboy Mame commented succinctly, "Gawd knows what the kids would-a done if they'd taken 'Soupy' away from us."

TOMBOY MAME IN NEW ROLE
On the opening day, which was yesterday, Tomboy Mame, much to the disgust of the gang, of which Mame is the acknowledged leader, appeared in the new role of little mother. In fact, a two-year-old brother in tow, and every time it was Mame's turn to be "it" she had to stop and adjust for the dirty-faced youngster what Colonel Watson's Waterson has so aptly termed the "neutral garment."

"Say, Mame, stop the brat in the hammock," one of the gang advised, when the game was held up for the fifth time, "Whatcha bring 'im for?"

Mame, long and stringy as a new coil, whose pipe-stem legs have doubtless never known the feel of a stocking, stuck her arms akimbo and delivered a broadside to be remembered for all time.

"This here kid," she observed, "is my brother and not your'n; nobody's askin' you to look after him, and if you don't like what I'm a-lookin' you can lump it."

After all the old games had been played, the new hammocks tried out, the newly sanded sliding boards sampled and the swimming pool invaded—in short, after acquaintance with all the old and new, Mame's gang, together with all the other gangs which constituted the day's cargo of the John F. and Elizabeth Moore Smith, trooped over to the soup kitchen. Here, audibly and exultantly, they guzzled down as many bowls of the nourishing liquid as their starved little tummies would hold.

And when a crackling lightning and booming thunder storm came up and washed the island an even brighter green than it was before, it was all the tired mothers could do to keep their kids from swarming out again into the drizzling rain, where the free-for-all merry-go-rounds and swings beckoned temptingly.

Every day at Soupy Island, even a rainy day, is a good one, but the first day of the season is the best of all. As Mame reiterated as the day's fun grew: "Thank Gawd, the guvment didn't git it."

FARMER SMITH'S COLUMN
CURIOSITY
My dears—One day I was talking to some school children and I congratulated the seventh grade pupils on their good attendance.

Well, the seventh grade spent recess trying to find out how I knew they had the highest average in attendance. It was really very simple, for the record of the various grades was posted in the principal's office and all I had to do was to read it and figure out which grade was the highest.

Sometimes I say things in my talks to make you ask questions. I want you to use your IMAGINATION. I wish you would understand the value of CURIOSITY as an aid to arousing interest.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, B. Arch., R. A.



How an Owner Can Design and Build His Own House

WE HAVE seen that the principal desire of the owner-to-be is that his house be well built; his second thought is that the plan should be worked out to suit his particular needs; his third, that the design should be good.

Now, in order to see to it that his house is well built, it is necessary that the owner acquaint himself with building materials and the quality of workmanship wherein these materials are used. This will, of course, be quite difficult, since in his study he does not have the help of actual experience. But by a good selection of books he will go a long way toward this end. He will not, of course, become an expert, but he will, no doubt, be able to decide properly the larger questions, and will thus save himself big mistakes in the choice of material and in judging quality of workmanship. He must plan his house for himself in these matters and not leave any of them to the builder whom he has employed.

It is always desirable, even essential, that the builder be honest, but even though the owner may be certain as to this, it is no good business to invest so much money without knowing that his value received. It has often been noticed that there are many who, although good business men in all other undertakings, are veritable children when it comes to building a house.

The next part of the problem, the planning of the house, should not be so difficult. The main idea which a man should try to keep out of his mind in doing this is what his neighbor has or has not. He should plan his house for himself and his family, a place in which to live the quiet daily life. He should forget that he will have friends to entertain, for if this is done occasionally, and I know all about it," replied Mrs. Cow.

Just at that moment Billy heard a noise and, quick as a wink, he scooted under the barn and looked out. One of the hired men had come for the milk and when he discovered that the milk was empty he went straight to the farmer and told him what had happened.

"That goat has been up to mischief again," said the farmer, as he started off to look for the hired man. He looked everywhere. Finally, as there was nothing else to do, the farmer thought he would take a hand in looking for Billy himself. He looked under the barn and could not see Billy for the darkness under the barn. Then he went across to the milk shed and stooped down to look there.

Billy was looking. Oh! what a chance. Without waiting, Billy Bumpus took a flying leap and his head landed squarely on the farmer's coat tails. The poor farmer was young no longer, but he turned a complete somersault—then he lay quiet still.

"I didn't know you had to kill people in the Industrial Army," said Billy, as he trotted back to the side of Mrs. Cow. "Any more milk?" asked Billy. "You have had enough," answered Mrs. Cow. "So has the farmer," said Billy, with a laugh. There was another noise, but Billy did not wait to see what it was. He disappeared.

Newport Art Jury Selected
NEWPORT, R. I., June 15.—Mrs. Harry Payne Whitney, William Cotton, John Elliott, Harrison S. Morris, president of the Art Association of Newport, and Miss Helena Sturtevant, have been selected as a jury of selection for the sixth annual exhibition of the association, July 14 to 29. Mr. Morris offers a prize of \$100 for the best picture.

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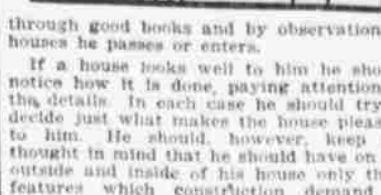
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THE CHEERFUL CHERUB

The children who play on the sidewalks with raucous and ear-splitting calls—I wish they had pleasanter playgrounds. I always get hit with their balls.



through good books and by observation of houses he passes or enters. If a house looks well to him he should notice how it is done, paying attention to the details. In each case he should try to decide just what makes the house pleasing to him. He should, however, keep the thought in mind that he should have on the outside and inside of his house only those features which construction demand or which he feels are really necessary to satisfy his particular comfort or pleasure.

There is no hope for a purposeless imitation, no matter how beautiful and good the original may be. A man's home is the most intimate thing he possesses, next to the clothes he wears, therefore the closer it comes to an expression of his own individuality and mode of life the more he will enjoy living in it and the more it will help him as a sympathetic refuge in the battle of life.

Questions and Answers
A friend of mine objects to hot air heat on account of the dust which comes into the room through the registers. MR. A. E. This is caused by bad installation. The air which circulates through the house is probably taken from the basement instead of from the outside. This is a frequent and serious mistake.

What is meant by so many feet of radiation? It is the unit of measure for radiation and is obtained by taking into account the cubic contents of the room the area of exposed wall surface and the area of its window-glass surface.

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Aviator Killed on Trolley Car
SANDUSKY, O., June 15.—Tom Henolet, St. Louis aviator, sustained a fracture of the skull when riding in a street car. He struck his head out of the car window and hit a telephone pole near the track, while the car was running at a high rate of speed. He died in a hospital.

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THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnosis or of prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who enclose stamped envelopes for reply.

PROBABLY no professional worker needs a greater abundance of vitality than does the school teacher. The nature of her work—we speak of it as "her" work because the majority of teachers are of feminine gender—calls for a constant outpouring of nerve energy during the greater part of the day, and often the evening is devoted to the preparation of lessons, examination of papers or other school work. Statistics show that teachers are among the most frequent victims of exhaustion.

It is safe to say that many a case of nerve exhaustion or neurasthenia could easily have been prevented by feeding the depleted nerve cells with pure food and giving them a reasonable chance for restoration by sufficient sleep, instead of filling them with drugs from some bottle, "nerve tonic" or with substances commonly called foods which are in reality absolute poisons, such as wine and beer.

Does the teacher who has her two cups of coffee before going to work realize that she has taken with each cup two to four grains of poison in the form of uric acid? Does the teacher who has her two cups of tea with her lunch during the noon hour know that she has taken 1.21 grains of uric acid, and that during the afternoon her body will be more weary because of its struggle to save her from the deleterious effect of the poison and her brain less ready to meet the constant demands made upon it by her work of teaching?

The antitoxin action resulting from the use of beef tea, beefsteak and other forms of flesh, tea, coffee, old cheese, etc., is the most common cause of nervous exhaustion. Hot milk, hot cereal coffee or hot malted milk can be quickly prepared and for many teachers would prove a wise substitute for tea.

Ripe olives are very nutritious and form a pleasing addition to a simple lunch. Nut meats, such as almonds and pecans, are rich in the food elements most needed by a weary nervous system, and these, unadorned with toast or well-browned wafers, form an excellent lunch. Sandwiches made with hot butter or with cottage cheese or with yolks of hard-boiled eggs combined

with cottage cheese may give to the teacher's lunch the variety, which is an important consideration, since variety is not only "the spice of life," but the only spice that should be used in food.

The fruits of tree and vine, the berries, nuts and grains give a wide range for choice in the matter of diet. Fresh vegetables, too, must not be neglected. A biologic diet will conserve the nerve force and health of the teacher.

Mushrooms
Are mushrooms good food? J. H. B. The mushroom consists chiefly of wood, water and flavor, but there is virtually no nutrient in mushrooms. They are difficult to digest. The only thing to be commended about the mushroom is that it is somewhat appetizing.

Rheumatism in the Knee
What is good for rheumatism of the knee? MR. F. K. A fomentation followed by a heating compress will relieve the pain and soreness. Use very hot fomentations for ten or twenty minutes followed by a heating compress; that is, a towel wrung dry out of cold water and wrapped about the part and covered with flannel and mackintosh.

PROVES HE'S NO SLACKER
"I'm no slacker," shouted James McClinty, of 2412 Columbia avenue, as he rushed into the Twenty-eighth and Chestnut streets police station last night. "I'm thirty years old and I want to register, right away."

"Why the deuce didn't you do it June 5?" asked the desk sergeant. "There is more time to go to jail than to be registered."

"I was sick, but I'm well enough to fight like the devil now," yelled McClinty, making a fist. "You see, sergeant, I was in the hospital on June 5. I asked permission to get out to register, but the doctors wouldn't let me, darn 'em."

He was permitted to register at once.

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