Mme. Sembrich Tells Her Secret How Fat Women May Get Thin

"Simple Living and Plenty of Exercise" Is Secret of Singer's New Slenderness.

8 HOURS A DAY AFOOT

She Put in Summer Mountain Climbing and Is Proud of the Results.

By Alice Rohe.

How to be thin though a diva!

Mme. Marcella Sembrich knows the secret, and henceforth if our only Lillian Russell is not careful she will have a distinguished rival for those perennial bloomers in the Woman's Health and Beauty Department on "How I Retain My Youth and Figure."

When Mme. Sembrich greeted me in her apartments at the Hotel Savoy to-day there was genuine and ingenuous delight in her smile as she announced she had lost twenty pounds since she left New York last spring.

Ladies with the beauty note habit and a tendency to embonpoint will be much interested to know that the famous soprano has apparently lost a year with every pound. It isn't exactly good form to gasp out "Why, how slender and how young you look!" but if any one has discovered the fountain of youth Mme. Sembrich certainly was in the exploring party.

Perhaps it lies in the Tyrolean Alps where Mme. Sembrich has been spending her vacation, for that is where the famous diva lost her twenty pounds, and she doesn't care who konws it.

"Of course everybody will want to know how you did it," I said after I had gazed with astonishment at the diminished Sembrich figure, which can make even Miss Elizabeth A. C. White, high priestess of figure transformation, take note.

Walking and Climbing.

"Walking and climbing," replied Mme. Sembrich, laughing. "I am proud of every pound I lost and I am so glad you noticed a change from last year.

"Eight weeks I spent in the Tyrol, and of all beautiful places in the world the Madonna di Campagilo is my ideal. The air and the country is superb and I did not lose a moment of it. In the morning I was up at 5 o'clock"—

"At 5 o'clock!" I gasped, with a flood of painful reminiscences of waiting on various prima donnas until their accustomed hour of taking a view of the world, at noon.

"Yes, at 5 o'clock, and when we had planned a special excursion I was up at 3.30."

Here was interesting information, I reflected, which would make a press agent famous if Madame Sembrich belonged to the coterie who have need of publicity promoters; but the famous diva, whose eyes are sparkling with health and vivacity, and whose whole appearance is one of surprising youthfulness, announced her early morning pilgrimages as a matter of course.

"Why, I always get up at 5 o'clock except when I am in New York, and here there is nothing to get up for at such an hour. Even here I rise at half-past 7.

Secret of Health.

"It is the real secret of health," she continued. "Simple living and plenty of exercise. I walked seven and eight hours every day this summer, and I climbed mountains, too. It was not like walking in Central Park, where, during my stay in New York, I walk about an hour every day."

Madame Sembrich showed with pleasure numerous views taken during her summer in the Tyrol.

"Oh, I can see the mountains now," she sighed with an unmistakable love of Nature.

"If you were upon your walking expeditions at half-past 3 you must have gone to bed with the other song birds," I said.

"I went to bed at 9 or 10. That is enough time for sleep."

"Then you do not believe because one is a prima donna it is necessary to pamper one's self?" I asked.

"It all depends upon the constitution. I find healthful outdoor life, plenty of exercise and simple eating and observance of a good diet agrees with me. Another singer might require more sleep and more luxurious habits."

"But as a fat reducer would you advise a summer in the Tyrol?" I asked as Madame Sembrich showed me an interesting collection of snapshots taken of herself in mountain-climbing costume.

"It woudl never do for any one who lacked energy. If a person wants to reduce flesh by exercise she must never say at the beginning 'I am tired.' Seven or eight hours' walking a day ought to reduce flesh."

Care as To Diet.

"I am sure your admirers, fat or thin, will be interested in what you eat," I said. "And all the fat ladies will follow your diet and all the thin ones will do just the contrary."

"Well," said the prima donna, "I eat but two meals. I take my tea early in the morning, and have a good luncheon at half past one, and dinner at seven. I never eat sweets, potatoes or soup. My dinner consists of fish, meat, vegetables and fruit. I live very simply, you see."

"Did last year's introduction of the idea that a grand opera singer may be slender have anything to do with your voluntarily losing twenty pounds?" I asked.

"Oh, do you think I can really go in the slender grand opera singer's class?" cried Mme. Sembrich, with ingenuousness.

"You certainly can," I replied, thinking of the surprise for the Metropolitan's devotees when they see a slender Mimi being lifted without any apparent struggle by Caruso in the last act of "La Boheme," and also of the erstwhile plump and healthful looking Violetta coughing her young life away to the tune of Verdi's music, and actually looking the part.

But getting thin and being a prima donna has its disadvantages. Madame Sembrich has to have a complete new wardrobe this year. Even those costumes, which were "as good as new" [illegible] twenty pounds, for, mind you, the last twenty pounds, for, mind you, the ever youthful and decidedly "good form" Marcella Sembrich has to have her costumes made—oh, well—just ever so much smaller.

Madame Sembrich will sing in four revivals at the Metropolitan this season, in addition to her regular repertoire of last year. She will appear in "I Puritani," "Don Giovanni," "The Marriage of Figaro" and "The Barber of Seville."

"In ten days I will leave for a concert tour, but will be back in New York Nov. 10, my concert nere being on No. 12, and then"—

"And then"—I interrupted, as the diva stopped—"you will fly in the face of grand opera traditions twenty pounds lighter and twenty years younger, all on account of mountain climbing."

If the ladies with growing embonpoint, and the ladies with fears of growing old, and the ladies who want to preserve their voice could have seen the ever youthful Sembrich standing in front of a vase of American Beauties there would be an exodus for the Tyrol next summer that would rob the ideal spot, Madonna di Campaglia, of its charm of solitude.

And as Mme. Sembrich has confided her secret of how to be slender, youthful and healthy, it would hardly be fair to her.

JAMES McCREERY & CO.

BEDSTEAD DEPARTMENTS. *In Both Stores.*

Sale of Brass Bedsteads and Mattresses.

Fine Brass Bedsteads with 2 inch square or round tubing; bright or satin finish. An extensive variety of English, Colonial and Mission models. All sizes. 50.00, 62.50 and 75.00

100 Brass Bedsteads with 2 inch pillars, 1 inch lateral filling and ornamental husks. Satin or bright finish. All sizes. 25.00

Usual price 35.00

Fine Sanitary Hair Mattresses covered with fancy art ticking. One or two parts.

Single bed size.................18.00

Double " " 27.00

Wardrobe Box Couch upholstered in Colonial Denim. 2 ft. 6 in. wide and 6 ft. 4 in. long. 9.75

Springs, Bolsters, Pillows and Screens.

23rd Street *34th Street*

"LIKE A DRUNKEN MAN."

Benj Zausz, of Hot Springs, Ark., writes: I have been sick for nearly two years, and have been doctoring with some of the most expert doctors of the United States, but it seemed everything failed to do me good. After I saw your advertisement I thought I would try your pills; have been taking two at bedtime and one after breakfast, and they have done me more good than anything else I have ever used. My trouble has been with the liver. My skin and eyes were all yellow; I had sleepy, drowsy feelings; felt like a drunken man; pain right above the navel, like as if it were bile on top of the stomach. My bowels were costive. My mouth and tongue sore most of the time. Appetite fair, but food would not digest, but settle heavy on my stomach, and some few mouthfuls of food came up again. Please send "Book of Advice."

Radway's Pills

Price 25c. a box. At Druggists or sent by Mail.

RADWAY & CO., 55 Elm St., New York.

WORLD WANTS WORK WONDERS

W. L. DOUGLAS $3.50 SHOES FOR MEN

A trial will convince you that W. L. Douglas $3.50 shoes are the best in the world.

Stores in Greater New York:
623 Broadway, cor. Howard.
755 Broadway, cor. 8th St.
853 Broadway, cor. 14th St.
1349 Broadway, cor. 36th St.
1447-1449 Broadway, cor. 41st.
96 Nassau Street.
250 West 125th Street.
214 Third Avenue.
2202 Third Av., cor. 120th
2779 Third Avenue, between 146th & 147th Sts.
866 Sixth Av., cor. 22d St.
243 Eighth Avenue.
Jersey City—18 Newark Av.
Newark—783 Broad Street.

BROOKLYN:
708-710 Broadway.
1367 Broadway.
421 Fulton St., cor. Pearl.
[illegible] Fifth Av

Dr. Wernet's Powder for FALSE TEETH

Makes Loose, Dropping, Wabbling, Torturing false teeth fit perfectly tight at the first application. Cures [illegible] gums [illegible] breath sweet. For sale by Hegeman, [illegible]iker, Macy's, [illegible]earn & Son, Wanamaker's, 14th St. Store, Kalish Pharmacy, Jungmann's, W. S. Rockey, 503 [illegible]th ave., Siegel, Cooper & Co., Caswell Massey Drug Co.

Wernet Dental Mfg. Co., Philadelphia.

6th Avenue's Busy Corner THE 14TH STREET STORE HENRY SIEGEL Pres.

New York's Popular Meat Market.

Sirloin, Porterhouse or Round Steaks, cut from the very best beef, lb.... 15c	Short Fore Quarters genuine Spring Lamb, lb..... 10c
Veal Cutlets, lb.... 20c	Best Fricasee Chickens, pound.... 12½c
Brisket Corned Beef, lb.... 8c	Veal Croquettes, lb.... 15c
Fresh Ground Hamburger Steak, 3 lbs.... 25c	Legs of Spring Lamb, pound..... 15c
Corned Flat Spare Ribs, cut from the finest Jersey Pork, 3 lbs..... 25c	Fresh [illegible] hams—these are the shoulder cuts of little State hogs, lb..... 10c
Wednesday, 10 A. M. to 1 P. M. Fricassee Chickens and Fowl—no more than 10 lbs. to a customer, lb. 11½c	Fancy Roasting and Broiling Chickens—no more than 10 lbs. to a customer. 13½c

Fruits and Vegetables.

Greening or Baldwin Apples—half-barrel basket, each, $1.38; No. 6 basket, each.............. 22c

(The 14th Street Store, 6th Floor.)

300 Thin White China Dinner Sets - - $1.49

Priced at $2.98 or more in other stores. Each set consists of 6 dinner plates, 6 tea plates, 6 fruit dishes, 6 soup plates, 6 butter plates, 6 cups and saucers, 1 large vegetable dish, 1 salad bowl, 1 small platter, 1 large platter.

100-Piece Decorated Dinner Sets. Just 5¾ cents apiece. Excellent grade of ware. Sets that retail elsewhere at $7.95. A soup tureen and 3 platters with each set........ $5.75

Special Bargains in China and Bric-a-Brac.

Cut Glassware at About Half Price.

$4	Salad and Berry Bowls....	$1.95
$4	Sugar and Cream Sets....	$2.25
$4	Fancy Celery Trays.......	$1.98
$1.75	Bon Bon Dishes.........	85c
$2	Oil and Vinegar Bottles.....	98c
$3	Quart Water Bottles.....	$1.95
$8	Large Claret Jugs........	$4.98
$5	Ice-Cream Dishes........	$2.98
$3	Tall Flower Vases.......	$1.69

CHINA. Values to 10c. Decorated Breakfast and Tea Plates, Cold Meat Platters, Oatmeal Dishes, Glass Spoon Holders, Glass Ice-Cream Dishes, Glass Sugar Bowls, Glass Cream Jugs, Glass Jelly Dishes. Each......... 5c

DECORATED CHINA. Values to 20c. Decorated Cuspidors, Water Jugs, 2-pound Butter Crocks, Salad Bowls, Cups and Saucers, Fireproof Cooking Pots. Each 10c

CHINA AND BRIC-A-BRAC. Salad Bowls, Hand-Painted Vases, Sugar and Cream Sets, Plates; 50c. values. Each 39c

CHINA AND BRIC-A-BRAC. Decorated Bread and Milk Sets, Japanese Cups and Saucers, Fish Plates, Shaving Mugs, Imported Vases; values to 35c. Each, 19c

CHINA AND BRIC-A-BRAC. Values to 69c. 14-inch Plaques, Chocolate Pots, Cracker Jars, German Beer Mugs. Each, 49c

CHINA AND BRIC-A-BRAC. Austrian Teplitz Bric-a-Brac, Japanese Bric-a-Brac, Royal Bonn Bric-a-Brac, Bureau Sets with gold tracings, Hand-Painted Chop Trays; 89c. values.............. 69c

(THE 14TH STREET STORE, Basement.)

TO-MORROW 10 A. M. TO 1 P. M.

Table Damask. Domestic damask, full bleached, very superior quality, choice patterns of fleur-de-lis, clover, dot and floral designs; actual value 29c. Limit 5 yards to a customer and no mail orders; at, yard, 16c

(THE 14TH STREET STORE, Main Floor.)

TO-MORROW 10 A. M. TO 1 P. M.

Boys' Suits. Suits with an extra pair of trousers; one plain and the other bloomer; many handsome patterns; well made; regular $2.75 suits; not more than 2 suits to a customer; no Mail Orders. Suit. $1.37

(THE 14TH STREET STORE, Third Floor.)

TO-MORROW 10 A. M. TO 1 P. M.

Girls' School Dresses. Checks and Plaids; waists trimmed with two box plaits and tabs of cashmere. Extra plaited skirts lined throughout. Sizes 6 to 14 years. $1.25 values. Not more than 2 to a customer. No Mail Orders Filled 69c

(THE 14TH STREET STORE, Second Floor.)

Restaurant.

Table d'Hote Luncheon 11 A. M. to 3 P. M.

Cream of Tomato Soup.
Fish Cakes with Hollandaise Sauce.
Fried Smelts with Tartar Sauce.
Choice of
Veal Loaf with French Peas.
or
Sirloin of Beef with Macedoine.
Dessert.
Cocoanut Custard, Baked Apple or Ice Cream.
Tea, Coffee or Cocoa.
(Sixth Floor.)

30c

Household Linens.

HUCK TOWELS—200 dozen white bordered Huck Towels; they are slightly imperfect; good, heavy quality; large size; 20x38; worth 14c.; special, each............. 9c

Bed Sheets. 500 Ready-made, Bleached Bed Sheets, no starch or dressing, extra heavy quality, suitable for ¾ or large size beds; actual value 65c.; each 49c

Pillow Cases. 2,500 Pillow Cases, made of the various ends of extra heavy quality Bleached Muslin, size 42x36 and 45x36, values 16c and 18c; each 12½c

Muslins. 10 bales of good, heavy quality unbleached Muslin; they are mill remnants, 2 to 10 yard pieces; the price by the yard would be 8½c. Limit, 20 yards to customer and no mail orders; yard............ 5½c

500 FRINGED DAMASK TABLE CLOTHS, with white and colored borders; large 10-4 size; usually $1.25 each............... 89c

(THE 14TH STREET STORE, Main Floor.)

Carpets Made, Lined and Laid Free of Charge.

Inasmuch as the prices are very low—about ⅓ less than usual—and that no charge is made for MAKING, LINING or LAYING, you must acknowledge that this is a bargain offering most unusual.

95c a yard for AXMINSTER CARPETS. Ideally pretty patterns for the parlor. The $1.35 grade.

$1.10 a yard for AXMINSTER and SAVONNERIE CARPETS. Nothing better at the price.

69c & 79c a yard for WILTON VELVET CARPETS. In other stores you pay up to $1.25 a yard. Therefore the biggest bargains in New York at the prices.

49c & 59c a yard for BRUSSELS CARPETS. You choose from an exceptionally wide range. Fine patterns for halls, stairs and dining room, 69c grades.

35c a yard for HALF-WOOL INGRAIN CARPETS. A dozen good patterns to select from.

Big Values in Rugs.

BIG SHIPMENT OF WILTON VELVET RUGS. Just arrived. These Rugs are woven in one piece and made in two popular sizes, suitable for large rooms. Don't miss this opportunity to get a few of this lot: Size 9x12, $35.00 values, $22.49; 8.3x10.6 size, $30.00 values $19.98

SANFORD AXMINSTER RUGS. Beautiful Oriental effects; medium size; can be used to advantage in any part of the house or office; all in one piece; at the lowest price in New York. $10.50 values $7.98

Linoleums and Oilcloths—Bargains.

No quality so good as ours at the price. We hear this from our customers every day.

RIXDORFER'S PERFECT GRANITE INLAIDS. 89c. values, square yard........ 69c

BARRY, OSTLERE & SHEPHERD'S BEST GRADE LINOLEUMS. square yard........ 49c

BAILEY'S NO. 1 GRADE OILCLOTHS. 45c. values, square yard........ 29c

BARRY, OSTLERE AND SHEPHERD'S BEST GRADE OILCLOTHS. 65c. values, square yard........ 44c

SAMPSON'S NO. 1 GRADE OILCLOTHS. 50c. grade, square yard........ 35c

(THE 14TH STREET STORE, Fourth Floor.)

Women's Suits.

Broadcloths and Cheviots; Jackets 36 or 30 Inches Long. Illustration Is an Exact Picture.

SUITS that appeal instantly because of their graceful stylishness and the remarkable value that, at $9.98, they are. Jackets tight or semi-fitted, and lined with durable Satin; Velvet or self, Notch Collars. Allover plaited skirts with 3-inch folds. Sizes 34 to 44. Becoming $15 Suits at $9.98

Women's Panama Skirts. Black, Blue or Brown. Cluster or allover plaited styles. All regular and misses' sizes. $9.98 values. $4.98

(THE 14TH STREET STORE, Second Floor.)

New Waists at 98c.

Exceptionally catchy styles. They really ought to be priced a third more, but 98c. makes them fairly fly away, and so we're satisfied. Brilliantines, Cheviots, Sateens and Plaid Wool materials. Open front or back models. Newest sleeves; Black and colors. Finished with tailor-stitched plaits; cleverly ornamented with self-trimmed buttons and pretty stock collars.

BRILLIANTINE AND PLAID WOOL WAISTS. Fronts trimmed with fine plaits, forming a yoke effect. Also half-inch side plaits, ornamented with large silk buttons and silk trimmed stocks; full sleeves. $3.98 values... $2.49

DAINTY AND FANCILY DESIGNED WAISTS. Silk Mulls and Nets, elaborately trimmed with Irish and Cluny lace insertions and Gibson effect across the shoulders. Others ornamented with handsome medallions; three-quarter length sleeves; all pretty shades. $5.49 values $3.98

(THE 14TH STREET STORE, Second Floor.)

Goodyear RAINCOAT COMPANY

801 Broadway, Cor. 11th St.

Women's Rubber-Silk Coats, Raincoats and Cravenettes.

Stormcoats and Cravenettes for Men.

EVERY ONE STAMPED WITH OUR CLOUDBURST GUARANTEE.

At Great Reductions

FOR 4 DAYS ONLY, BEGINNING TO-MORROW MORNING

WHAT THE CLOUDBURST LABEL MEANS

The seams in a Cloudburst coat are cemented by experts, not merely sewn, making it permanently water-tight. It is spot-proof, will not fade or lose its shape, is man-tailored and always stylish. It is an all-kinds-of-weather coat. The CLOUDBURST is manufactured exclusively by us and represents the highest standard ever attained in the manufacture of waterproof garments.

FOR MEN—

$12.50 Raincoats

Nicely tailored from good, strong, serviceable materials. Water tight—and stylish in any kind of weather............ 7.25

$15 values............ 9.50

Cravenettes

Dapper, stylish full-cut cold weather coats—and absolutely rainproof. Snug fitting collars. Plain and striped grays, brown and black. Regular prices from $15.50 to $20. Sale price 11.40

$25 Priestley Cravenettes

Full cut, graceful coats, of Cravenetted worsteds in a most popular shade of gray; all seams double stitched with silk; shoulders well shaped; yoke and sleeves lined with satin finished Venetian. During sale...... 14.75

FOR WOMEN—

Rubber-Silk Coats

In the greatest variety of styles, fabrics and color effects to be found in New York City. All the popular designs, including many of our own exclusive, original patterns. Exquisite plaids in brilliant and dull shades, watered silk effects, graceful stripes and all shades of plain colors—at 40% reduction from standard prices.

$20 values........ 12.00

$25 values........ 14.75

$32.50 values..... 19.50

Cravenettes

Smart tailor-made coats in all the Fall weights. Some elaborately trimmed. Many novelty effects in materials. 40 styles to select from.

Our standard $22.50 coat...... 13.25

$28.50 values........ 17.00

Raincoats

Stylish, serviceable rain or shine coats, in all the popular shades and designs.

$10 values.......... 6.00

$12.50 values........ 7.00

Long Island Furniture Co.

44, 46 & 48 Myrtle Ave., Corner Pearl Street, BROOKLYN, N. Y.

ONE DOLLAR WEEKLY

No Money Down

We furnish your house, floor or flat with everything for housekeeping.

Branch Store: FIFTH AVENUE FURNITURE CO. Fifth Avenue, Corner 14th St., Brooklyn.

MICHAELS BROS.

5th Ave & 9th St BROOKLYN.

Credit to All. CLOTHING For the Entire Family.

$1 Down and 50c Per Week On a Purchase of $10.

FURNITURE and Everything for Housekeeping

Open Mon. & Sat. Evgs.

A FIGHT FOR LIFE!

The best description of a fight published in years is found in "The Round Up," a grand serial romance of love and battle, now appearing in the Evening World. Read it.