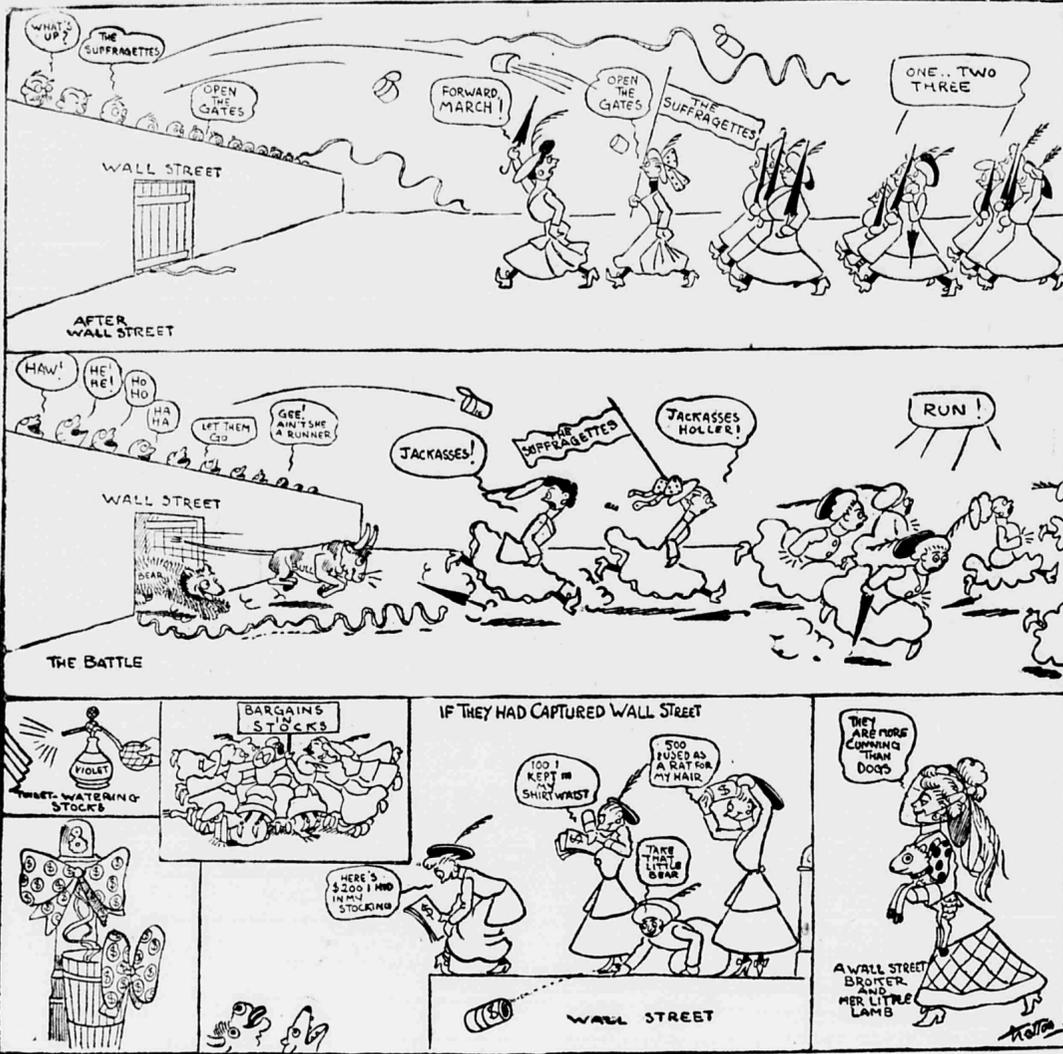


The Evening World

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Our Suffragettes!

By Maurice Ketten.



The Story of the Operas

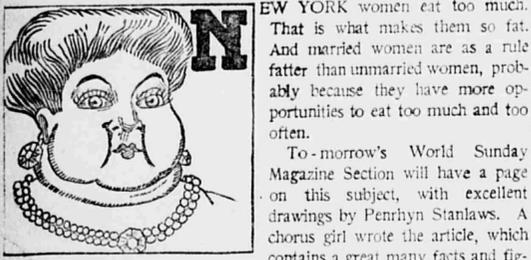
By Albert Payson Terhune.

No. 37.—VERDI'S "ERMANI"

ERMANI (outlawed son of a Spanish nobleman executed for a political crime) was leader of a band of outlaws whose headquarters were in the Sierras.

The Story of "Crispino e la Comare" Will Be Published Tuesday.

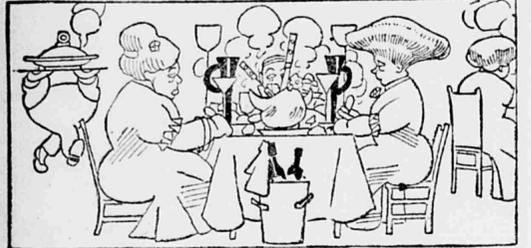
EATING TOO MUCH.



NEW YORK women eat too much. That is what makes them so fat. And married women are as a rule fatter than unmarried women.

By taking a little trouble in ordering a copy in advance from your newsdealer you will be sure to get not only this but many other interesting features.

Since Saturday and Sunday are generally the big dinner days of the week, The Evening World takes this opportunity to add a few economic and hygienic remarks on this subject of eating too much.



Overeating is akin to starvation.

Of the two extremes, excessive food and abstinence from food, average men and women had better eat too little than too much.

Unless a man or woman spends several hours a day at hard physical work a very little food is sufficient. Every farmer knows that one of the easiest ways to spoil a horse is to let it stand in the stall without working and feed it heavily.

Overeating induces the absorption of alcohol with food. Alcohol stimulates the appetite and spurs the digestive organs. It also aids the putting on of flesh.



Overeating is not confined to the rich or well to do. Many poor people overeat. That is, they eat too much of things which they should not eat.

More food is wasted in New York than would support the people of Paris. Garbage wagons carry more food to the hog pens back of Weehawken than would support the population of a good-sized city.

The rent problem is no more important than the food problem. Every pound of superfluous food means not only impaired health, diminished comfort and shortened life, but dollars thrown away.

The Chorus Girl and the "Haughty Thing" Just Given a Part With a "Hit Show"

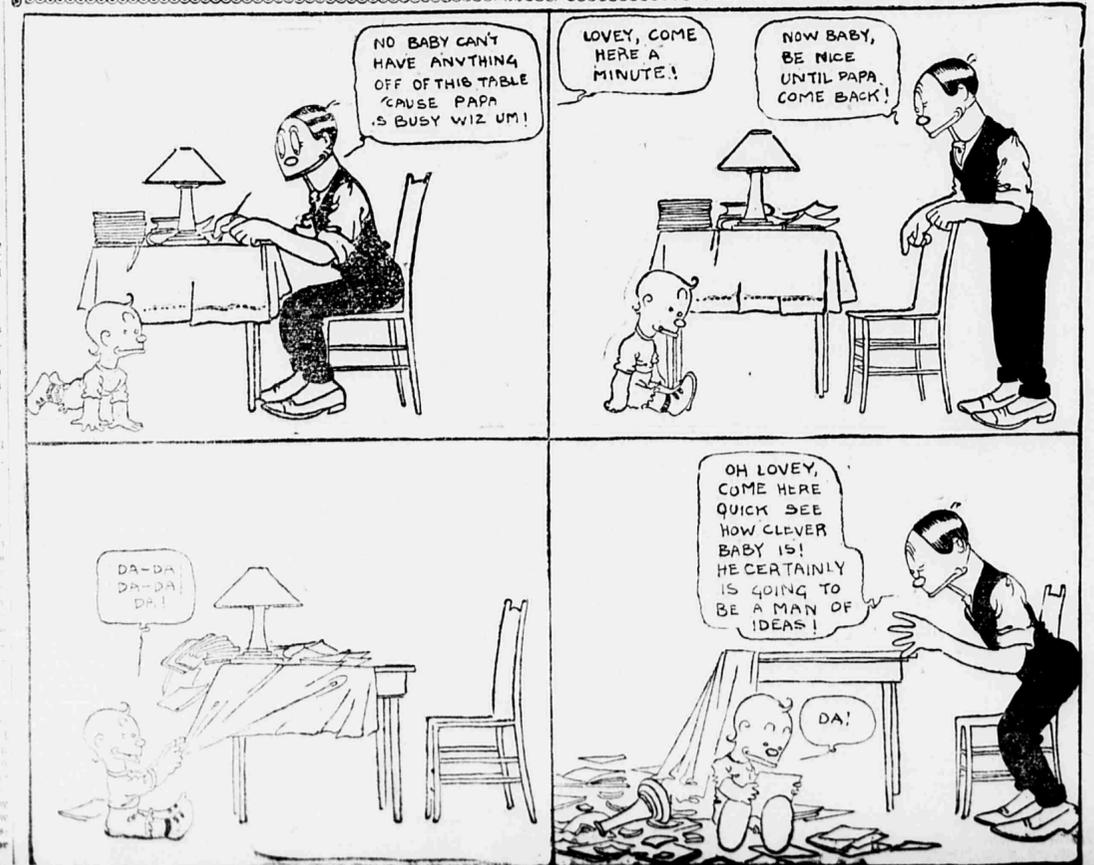
By Roy L. McCardell.



"I just that mad I could sit myself!" said the Chorus Girl snappishly. "But I deserve what I get for being the big boob! I let myself in for it and it's a lesson to me."

The Newlyweds and Their Baby

By George McManus



to turn out on a mame at two dollars a throw, when they hear that she deems it beneath her dignity to pay the one-night stand in the long jump between Baltimore and Wheeling.

"Of course, that's all very well for Charley Face to say, now that he's down on his luck and living humble. But I can remember when he wore a coat trimmed with a defunct Newfoundland dog and walked down Broadway on one side and up the other, so's to do the right thing by the street and keep the earth balanced."

Talking With the Dead

THE idea of the possibility of spirit communication is, of itself, suggestive of the opposite to reasonable belief, but is a matter to be decided by rigid examination alone.

Letters from the People.

Board of Education. To the Editor of the Evening World: Where must I apply to learn when the schoolship St. Mary's will make the next cruise; how long it is, after leaving, until the return to the city, where application must be made, and how much it costs to get a boy aboard? S. 12.