

FOSDICK BLAMES TIGER FOR PENSION TEACHERS' PLIGHT

Miss Strachan, Tammany and 'Tom' Churchill, He Says, Cause of Bankruptcy.

MAYOR TRIED TO SAVE.

Declares Mitchel Had Bill Introduced But Teachers Had It Killed.

Raymond B. Fosdick to-day placed the responsibility for the bankrupt condition of the teachers' pension

fund directly up to Grace Strachan, head of the organized teachers in this city, who, he says, brought about the defeat in Albany of legislation introduced by Mayor Mitchel for the sole purpose of averting the present trouble. Back of Grace Strachan, Fosdick charges, is the President of the Board of Education, and back of Churchill is Tammany Hall.

Fosdick was appointed to the Board of Education around the first of the year by Mayor Mitchel. He admits that because of the board of forty-six members, neither himself nor most of the other members really know what is actually going on. He says he might have voted for unworthy pensions himself without knowing it.

"If the pension committee does not order an investigation of this terrible condition of affairs," declared Fosdick, "I will ask for an investigation myself."

"After the report of Comptroller Prendergast," said Fosdick, "the Board of Education cannot play the ostrich by burying its head in the sand of fancied security. We must order a sweeping investigation and get at the root of the present trouble."

"It will be remembered that Mayor Mitchel foresaw the troubled waters the teachers' pension fund was drifting into and sought to rescue it from financial shipwreck. A bill was sent to Albany which provided that the teachers of this city pay a larger per cent. into the fund. Grace Strachan and others who lobbied for the teachers' organizations, have succeeded in killing that bill.

"The trouble with the Board of Education is that it is not supreme. There has always been more or less friction between the Board and what is known as the City Hall element. Then there is the dominance of the teachers and Tom Churchill. Back of Tom Churchill and Grace Strachan is Tammany Hall. So you see that the Board of Education is not a very independent body.

"The meetings of the Board of Education are like those of a high school debating society. Very many of the members do not always know what they are voting for. I am no exception to this rule, and I'm willing to admit that I may have voted for pensions as unwisely as those instigated by Comptroller Prendergast in his report, not actually knowing what I was doing."

"One of the first complaints to be investigated will be the contention of the Pension Commission that 684 retirements made by the Board of Education since 1910, when the annual income fund fell below the annual disbursements, are subject to serious legal doubt.

Other specific complaints are: That a teacher who admitted she bought cocktails near the school and brought bottled liquor into the school was granted a pension for "nervous insufficiency" and is now getting \$508.66 every year from the city. That the city has lost \$7,000 because a teacher who was retired for "disability" was married the following day.

That one teacher, who was absent over six years, had this period counted in her favor when her years of active service were computed at pension time.

WHAT EVERY WOMAN SHOULD KNOW!

How to Keep Well, Keep Strong and Keep a Perfect Figure, Told in a Series of Illustrated Lessons

A New Series of Illustrated Lessons, Giving Tests of Difficult Exercises in Previous Lessons.

TEST EXERCISE NO. VII. CHEST RAISING (2)

By Pauline Furlong. The Evening World's Authority on All Questions of Woman's Physical Well Being.

The second week of our test exercises begins to-day. There will be twelve more of these exercises, illustrated and explained. You will be warned against the mistaken and awkward positions which the beginner in physical culture is likely to assume, and which, if not corrected, will lessen the benefits of her exercise and sometimes almost nullify them.

Each movement, you see, is devised for strengthening certain groups of muscles, for building up or reducing the tissues in certain parts of the body. If you change the movement ever so slightly different muscles may be brought into play or the body may be twisted into a deformed, unnatural position. Then the effects of the exercise will differ from those originally planned, just as the notes of a piano give out a different sound under a flailing, amateur fingers than when struck by a perfectly trained professional hand. So I hope none of my scholars are neglecting these tests; they are of great importance.

Testimony comes in every day from the maids and matrons who have already reaped part of the reward of their determination and perseverance in adopting the hygienic scheme and the rules of exercise in the course on how to keep well, keep strong and keep a perfect figure.

"R. B." writes: "I have been following your exercises and I'm very glad to say they have worked wonders for me. I feel 100 per cent better than I ever did, and I feel happier."

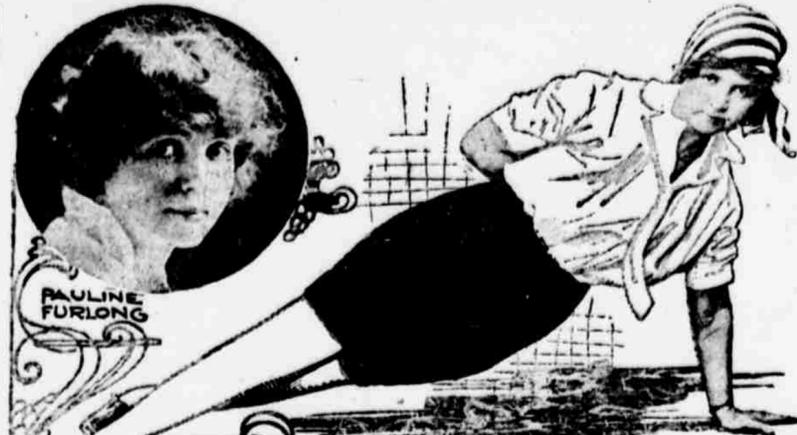
"I have all your lessons, which I have studied carefully, and I am glad to say that I have already lost eight pounds," is the message from "Mrs. D. C. L."

"I am greatly interested in your lessons in The Evening World and have derived great benefit from them," declares "Mrs. B. of Brooklyn, and 'V. E.," a New Jersey girl, tells me, "Your exercises and advice have been most useful to several of my friends."

TEST FOR CHEST RAISING FROM FLOOR.

To-day I am giving you the test for the exercise which comes directly after the one printed Saturday—chest raising from the floor. The points to be remembered in that one, as I explained to you, are to keep your arms firm and free from trembling, to let your chest touch the floor first, not your stomach or abdomen, and to keep your spine from bending and hollowing as you raise your body from the floor.

When you can perform perfectly the chest raising on both arms for as often as six times in succession, while your body is in this position, take one hand from the floor and fold



CHEST RAISING ON ARM

that arm behind your back. Then twist yourself skillfully to one side, keeping the trunk straight and supporting all the weight on one arm. In this position raise and lower the hip nearest the floor. Shift to the frontal position, twist to the opposite side and repeat the exercise, which is especially well adapted to rounding and developing the arms.

The strength of your arm is the one test of your ability to perform this exercise. One arm must now do the work which was divided between two in the chest raising from the floor first described. If the muscle in each arm is hard enough to support your whole weight without a tremble or a quiver, you are an aching afterward, even though you perform the exercise from six to ten times in succession, you may mark yourself 100 per cent. in this movement.

Readers of Miss Furlong's articles who are following her lessons are invited to write to her, in care of The Evening World, requesting information that will aid them in following her rules for diet and exercise. Miss Furlong also will be interested to learn the results of her lessons as shown by your charts.

Letters From Evening World Readers Following Miss Furlong's Lessons.

CONSTANT READER writes: "I am 5 feet 4 inches and weigh 112 pounds. What should I weigh?" One hundred and twenty-five pounds.

LARGE HIPS AND THIGHS. MISS A. M. writes: "I weigh 135 pounds and my waist measure is twenty-six inches. There are layers of fat on it. My hips are forty-one inches and, therefore, too large, so I want to reduce them also. My bust is thirty-three and chest very small for the rest of my body. Can you advise me on these three subjects?"

Your waist is not too large for your weight, and can hardly be covered with layers of fat if it is only twenty-six inches. My own waist is twenty-six inches and I weigh ten pounds less than you. Try the rolling for the hips; it is the very best exercise to reduce them. Breathe deeply, get the floor exercise, but not too strenuous. Sleep long hours and take an afternoon nap if possible. Most important of all, do not worry. Articles for developing were given the entire week of July 13.

SYLVIA S. writes: "Do you think tar soap is good for the hair and scalp?" Tar soap is excellent for the oily scalp. It contains glycerine and this is not good for the dry scalp. Do not use it on blond hair, as it will slightly darken it.

A BLEACH FOR THE SKIN. L. B. H. asks: "Is cucumber juice good for the skin?" Cucumbers contain arsenic and are a natural vegetable bleach for the skin. When combined with other ingredients they make an admirable cream or lotion. When they are in season and plentiful and cheap, save the peeling, when you have them at meal time, and simmer them gently until they are soft and mushy. Strain them through gauze and add to the clear liquor an equal quantity of al-

cohol. This preserves it for future use. Keep in an air-tight bottle. It may be used on the skin just as it is or made into creams and lotions from this essence.

GRACE G. AND OTHERS ask: "What will bring color to my cheeks?"

First of all, fresh outdoor exercise. Drink a quantity of water and eat light nourishing foods. Massage will also bring color to your face and hot and cold applications are also recommended. Place very hot wet cloths to the cheeks until they are quite red and then rub them with ice. Do this half a dozen times and the color will last for hours. It is harmless and economical.

ANXIOUS WRITES: "Please publish a good depilatory for removing superfluous hair permanently."

No depilatory will remove the hair permanently, only the electric needle will do this. Yes, it is expensive and not always satisfactory. They remove thirty hairs, more or less, in half an hour and charge about \$3 for 12's. Go to a reputable place, even if you have to pay a little more. An inexperienced operator may scar the face for life. You may rub barium sulphide (either plain or made into a paste with water) on the hairs for a minute or two about twice a week. Remember that the local applications are often dangerous and cause inflammation because they are powerful irritants. This very irritation is the cause of a heavier growth later.

Army of Women Workers Now at the Krupp Works.

GENEVA, Switzerland, Aug. 16 (via Paris).—Official figures show that on June 1 about 5,000 young women were employed at the Krupp works at Essen, as compared with 1,325 on Jan. 1. The whole number of employees on June 1 is not given. On Jan. 1 the total was 46,324 exclusive of the employees in the associated industries—mining and ship building—and in the ammunition works in other parts of Germany owned by the Krupps.

Lime and Tuberculosis

Dr. Roberts Bartholow, former professor in Jefferson Medical College, Philadelphia, says in his Materia Medica (1905), on pages 215 and 216: "Clinical experience has shown that if (referring to a calcium salt) possesses the ill-defined property known as alterative, removes certain toxic or morbid materials and secures their secretion by the organs of elimination."

He does not refer to testimony regarding Eckman's Alterative, since the medical profession never publicly recommends proprietary remedies. However, many cases of consumption seem to have yielded to this remedy.

This address may be due largely to the fact that in Eckman's Alterative a calcium (lime) salt is so combined with other valuable ingredients as to be easily assimilated by the average person. It contains neither opium, narcotics nor habit-forming drugs, so is safe. At your druggist's be direct.

Eckman Laboratory, Philadelphia.—Adv.



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"SICK" MAN RECOVERS ENOUGH TO ROB SAFE

Just after Nicola Trombla, clerk in George Grengarino's drug store at Lorimer and Withers Streets, Williamsburg, had opened the place at 6

o'clock this morning and unlocked the safe which contained \$250, two men entered and ordered soda water. One of the men suddenly complained of being ill. Trombla helped carry him to the room containing the safe and placed him on a couch. Trombla then started to get some medicine for the sufferer, but when he turned his back he was knocked senseless. When he regained consciousness the men were gone. So was the \$250.

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Blue Ribbon Starch, Pkg., 5c
Triumph Cleanser, Package, 5c
Cider or White Wine Vinegar, Large Bottle, 7c

Very Best Creamery lb. Butter, Fresh from Western Creameries, 27c

Pure Lard, Best for cooking and shortening, lb., 10c
Salmon, Choice Alaska, tall can No. 1, 8c
Tuna Fish, Delicious for Salads, can 10c
Peaches, Essie Sliced, in Heavy Syrup, tall can, 9c
Tomato Soup, Mother Cook's, full-sized can, 5c
Milk, Butler's Condensed; rich and pure; in sanitary cans; each, 7c
Milk, Lakeview Brand, rich, whole, Evaporated, orated; tall 10c can, 6c
Milk, Belle Brook Evaporated, with all the cream; tall 10c can, 7c
Olives, Crisp and Fresh, Extraordinary value—bottle, 4c
Smoked Beef, Sliced thin—Glass jar, 10c

A Real Need for the Kitchen
Common Sense Toaster 10c

Fresh from the National Biscuit Co. Ovens, All 5c packages. Special this week, at, 4c

For refreshing Iced Tea and Coffee, try these:
Essie Coffee, Absolutely the very best; 1-lb. sealed packages, 35c
30 2x Stamps with each Package Essie Coffee
Coffee, Superior blend of South American Coffee; strong and full bodied; lb., 19c
Teas, 30 2x Stamps with 1-lb. Ceylon, India-Ceylon, English Breakfast or Mixed, 35c
Ceylon Golden Tips, The Trial Tea Chest, 10c

At All 35 James Butler Inc. Meat Markets
Chickens, For Soups and Fricasees, lb., 16c
Sugar Cured Bacon, In Boneless; Lean Strips, lb., 18c
Corned Spare Ribs, Meaty, Flat, lb., 9c
Corned Hocks—Sugar Cured, lb., 9c

Essie Grape Juice, Clear and pure; full pint bottle, 10c

At All 133 James Butler Inc. Licensed Stores
Princeton Dry Gin, The Summer Favorite; bottle, 69c
Kingussie Scotch, For the cooling High Ball; bottle, 85c
Imperial Rye Whiskey, Amazing value, bot. 45c
Port and Sherry, Extra Choice; half gallon, 50c

50 2x Stamps with case of 24 bottles Lager Beer, Liebmans, Ehret's, Ruppert's or Koehler's, 1
Deposit of 25c required for return of case and empty bottles.

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SIX ESCAPE PRISON IN FUSILLADE OF SHOTS

Thirty Other Prisoners Refuse to Join Plot in Camden, N. J., Jail.

CAMDEN, N. J., Aug. 16.—Six prisoners, serving thirty-day sentences, sawed through the bars of their cells in the city workhouse early to-day and escaped.

The guard, seeing them disappear over a fence, fired ten shots without effect.

Thirty other prisoners declined to join in the plot to escape.

Food For Thought

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