

AMERICA HAS FREED SERBIA OF TYPHUS FEVER

Dr. Strong of Harvard Returns Home and Tells of Fight Against Disease.

Dr. Richard P. Strong, professor at Harvard University, who has been creating the anti-typhus campaign

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Thickness.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value their hair as naturally, so evenly, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears, but the beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture by asking at any drug store for a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair as naturally, so evenly, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears, but the beautiful dark shade of hair which is so attractive, use only this old-time recipe.

of the American Red Cross Sanitary Commission in Serbia during the past six months, returned to-day on the steamer Duna (Dugli Abruzzi) and declared that the Serbian army is free from typhus and is in as good physical condition as any army in the world.

He said the total number of deaths from typhus in Serbia had been between 150,000 and 160,000.

Practically every district in Serbia has been visited by the sanitary commission, he said, who distributed supplies of medicine and disinfectants and instructed the inhabitants in preventative methods.

"Plans for the manufacture of medical supplies have been established in all the large cities," said Dr. Strong. "The work of educating the people in cleanliness and disease preventative methods was enormous, but it has been successful, and as a result conditions were in fine shape when I left, and there is a virtual no chance of a return to the former chaotic state."

Dr. Strong, who also represented the Rockefeller Foundation in Serbia, has forwarded a preliminary report, but will go to Washington to-day to make a full report of the work of the commission.

Dr. Strong said he had heard many reports of atrocities suffered by Armenians, indicating that none of the reports so far published have been exaggerated. Shortly before he sailed Dr. Strong was decorated with the Order of San Sava by the Serbian Government.

Mrs. Archibald Anglin, wife of an Italian minister at Paris, and also arrived on the Duna (Dugli Abruzzi). She is here in connection with Italian Red Cross work. Mrs. Anglin said there was much suffering among the poorer classes in her country owing, not only to the war, but to crop failures and earthquakes.

Time Limit Taken Of \$25,000 Reward for Aldrich Jewels.

The Federal Insurance Company has taken the time limit off its \$25,000 reward for the return of the 71-pearl necklace and other gems stolen on the night of June 21 last from the country home at Southampton, L. I., of Sherwood Aldrich of this city, President of the Ray Consolidated Copper Company. The reward was to have expired last Saturday.

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG



NO. 20—BEAUTIFYING THE SHOULDERS.

To-day's illustration shows an exercise for the shoulder and arm muscles and is nothing more than the side swimming stroke, which may be practiced in your home, as well as in the water. This is one of the very best exercises shown in my series as it brings into action nearly all muscles of the body. In practicing this swimming movement keep the head well up and the chest out and allow the arms to come down with a sweep each time as though you were pushing back the rough waves in the ocean.

On account of the deep breathing this exercise compels, it stimulates the lungs and heart and increases the blood circulation. It is a valuable one for wideness. It is a valuable one for wideness. It is a valuable one for wideness.

Take your position with the feet about two feet apart and the weight of the body on the left leg. Stretch the left arm up and out straight in the front as shown in the picture and the right arm down and back at the right side. Now bring the left arm down with a decided sweep, meanwhile shifting the weight to the right leg. Allow the left elbow to bend until the thumb of the right hand touches the waist line, at the left side, and as you perform this movement sweep the right arm upward and far out toward the front, in the same position the left hand was at the start.

Remember to throw the entire weight of the body on the right leg as the right arm is swung backward, and on the left leg when the position is reversed. Turn the head and shoulders to the right when the left arm is extended toward the front and turn them to the left when the right arm is in the front. This adds a valuable neck and throat exercise to the swimming one.

Repeat the movements about twenty-five times. It is a deplorable fact that so few women learn how to swim, and aside from the fact that it is an interesting and beneficial sport it should be mastered early in life as a precautionary measure in case of accidents at sea.

Of course, there are a great many of my readers who have arrived at the corpulent stage and have not sufficient energy and strength to indulge in the swimming and other strenuous outdoor exercises which I have illustrated and advised, and for these I am endeavoring to show how the same results may be accomplished through similar ones which may be practiced in the home.

For my slender readers, and those of the stout ones who care to learn to swim, there are reliable places in most cities where the art may be mastered and practiced during the winter months as well as the warm ones. However, in exercising for the reduction of fat it is always advisable to continue until you are in a profuse perspiration. Follow the with a warm soap and water bath and then a cold shower, as the condition of the skin is very important to the corpulent, because it is through the pores of the skin that the perspiration, which eliminates the fat, escapes. Frequent bathing and Turkish towel rubs should be indulged in to promote the highest condition of functional activity for the above reason.

Swimming (on land or sea) is the best exercise for the all-around development of the chest, arms, shoulders, legs and side walls of the abdomen.

To-morrow I will explain to you exercises which aid in beautifying the arms.

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

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

D. G. writes: "I have noticed the many letters from readers who have helped and are trying to help, so I thought I would write you about my troubles and see if you can suggest for me also. I want to gain in weight and also to remove the unsightly ridges on my nails."

Send me 10 cents for the developing exercises and diet which appeared the entire week of Sept. 20. The ridges and brittleness on the nails come from nervousness and acidity. Rub them well with cocoa butter each night and watch the diet to correct the acidity.

H. A. L. (Dayton) writes: "Will you tell me what exercises to take for indigestion, constipation and much gas on the stomach, especially immediately after I eat?"

To overcome the above troubles, the first thing necessary is to strengthen and tone up the stomach, for if food is not properly digested it will cause constipation, heartburn and flatulency. The stomach needs circulation, and this can be had only through exercise, and not through medicine. Masticate your food thoroughly and take only half the amount you are in the habit of eating at each meal. Strengthen the muscles which cover the stomach by practicing the trunk raising exercise which has been illustrated in the past lessons. Take your position flat on the floor with the hands clasped behind the head and the feet braced under a heavy piece of furniture, and bring the body to a sitting position without raising the feet, legs or knees. As these abdominal muscles grow stronger you may perform this exercise without the legs braced. The effect is the same, so do not strain yourself trying to master the last named one, as it is very strenuous and calls for powerful abdominal muscles. The liver squeezes exercise, bending to the front and both sides and touching the floor with the finger tips without bending the knees, is also a valuable one for indigestion, constipation, large waist and sour stomach. These simple exercises will positively cure the most obstinate cases of indigestion, constipation and flatulency, which comes from the food actually rotting in the stomach instead of being digested properly.

To-day is the first day of registration throughout New York City. Every day this week, including Saturday, will be a registration day. The hours for registration are from 5:30 P. M. to 10:30 P. M., except on Saturday, when the hours will be from 7 A. M. to 10:30 P. M. Unless you register this week you cannot vote at the election.

TAX SYSTEM ALL WRONG, SAYS HEAD OF STATE BOARD

(Continued from First Page)

for what purpose they declined to state.

Martin Saxe, President of the State Tax Department, was the first witness called. Bronson Winthrop asked him this question:

"What, in your opinion, are the principal defects of the present tax system?"

"As to real estate," replied President Saxe, "the lack of centralized power over local assessments, lack of men competent to make assessments and lack of tax maps. As to personal property, lack of centralized power over local assessments and equalization."

"There should be a centralized power to compel local officials to do their duty properly. It is a notorious fact that in a vast majority of tax districts real estate is not assessed at full value as required by the tax law. In many districts local assessors make no attempt to assess at full value and they openly admit it."

"In Ulster County, for example, there has been a practice for years of assessing at only 20 per cent. Assessors are often chosen not for their competency and efficiency but for political reasons because of the strength they would bring to the ticket."

President Saxe contended that there should be increased power given to State authorities to supervise local tax officials to see that they performed their duties properly and equitably.

Citing some of the evils of present tax methods, he said:

"It is a practice of some communities to permit favoritism and evasion of tax laws to get new industries to locate there. Low assessments are allowed as an inducement. This applies to both assessment of real and personal property."

"As for taxation of personal property, there isn't any to speak of in this State. 'The personal property tax is an unpopular tax and in many communities it is not applied at all. It is used in some districts for favoritism. On the whole, there is no attempt to assess personal property as the law provides.'"

NO SCIENTIFIC ASSESSMENT IN NEW YORK.

"There is no such thing as a scientific assessment of property in New York. What we get usually in the counties is a popular assessment. It

is the kind the particular community wants, and the true value. If any other kind was made the assessment would lose their jobs."

The witness cited various instances of 100-per-cent districts where the tax assessors received only nominal amounts of \$50 to \$100 a year and asked what degree of efficiency could be expected from such conditions.

"What system is used by assessors generally in rural communities to fix valuations?" asked one of the commissioners.

"Assessment" was President Saxe's laconic reply.

On the work of county supervisors qualifying tax assessments between districts so as to revise inequalities, the witness said:

"Too often it is a political equalization. They fix the figures up to take care of this or that supervisor. In Nassau County, for example, one political party group of assessors put over the other party group, and the case had to be taken to court."

SUPERVISION OF LOCAL ASSESSORS NEEDED.

President Saxe opposed the suggestion that all real estate should be assessed by one body. He said emphatically:

"I don't believe you could ever get three men of sufficient intelligence and ability to assess real estate throughout the State. Local assessors are necessary. But what can be done is to get better men in the localities and to supervise their work more closely."

"As to the present personal tax method a success?" asked Council Winthrop.

"An absolute failure," replied President Saxe, "for the reason that personal property is now assessed at the same rate as real estate. Personal property yielding low income is practically confiscated by the present tax rate. For example, a bond yielding 4 per cent. interest is taxed at 2 per cent. and thus half confiscated."

Household furniture under certain conditions pays its entire value in a few years of taxation.

"I regard the system as an absolute failure and unwarranted."

SELFBISHNESS WINS "MOST POPULAR SIN" CONTEST OF CHURCH

Selfishness in some form is the "most popular sin," according to letters from prominent men and women received in reply to a query of the Rev. Dr. Christian F. Heuser, pastor of Grace Methodist Episcopal Church, in West One Hundred and Fourth Street. An agreement was reached on how to remedy it. The letters were read at last night's service. A few of the answers were:

Dr. Anna Howard Shaw—Selfishness.

George W. Wickerham—Selfishness.

James K. Hackett—Malicious envy.

Fred Smith, Y. M. C. A.—The cheap cry for cheap fun.

J. A. Reichert, editor Leslie's—Envy.

Henry W. Shoemaker and W. C. Freeman—Extravagance.

Hourie Cockran—If I knew the most popular sin I'd be the wisest man in the world.

Dr. Retener summarized by saying the most popular sin may wear many names, but that it was always "rooted in the exaltation of the physical over the spiritual."

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This home-made cough syrup is now used in more homes than any other cough remedy. Its promptness, ease and certainty in relieving distressing coughs, chest and throat pains is really remarkable. You can actually feel it take hold. A day's use will usually overcome the ordinary cough—relieve even whooping cough quickly. Splendid, too, for bronchitis, spasmodic croup, bronchial asthma and winter coughs.

Get from any druggist 2 1/2 ounces of Pinex (30 cents worth), pour it in a pint bottle and fill the bottle with plain granulated sugar syrup. This gives you a total cost of only 34 cents—a full pint of better cough syrup than you could buy for \$2.00. Takes but a few minutes to prepare. Full directions with Pinex. Taste good and never spoils.

You will be pleasantly surprised how quickly it loosens dry, hoarse or tight coughs and heals the inflamed membranes in a painful cough. It also stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent loose cough.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, rich in quaiacol, which is so healing to the membranes.

To avoid disappointment, be sure and ask your druggist for "45 source Pinex," and don't accept anything else.

A guarantee of absolute satisfaction, or money promptly refunded, goes with this preparation. The Pinex Co., Ft. Wayne, Ind.—Adv't.

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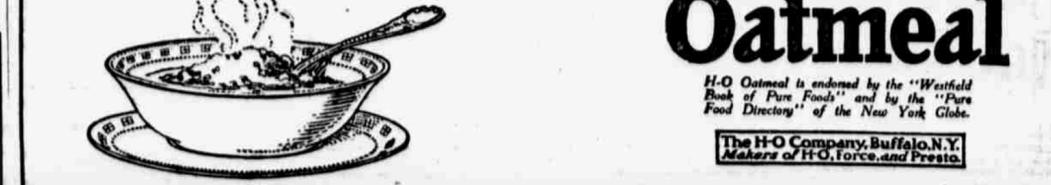
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And there's another reason for the H-O flavor—that is the zealous care with which we select our oats from different sections—all plump, clean oats—fairly bursting with nutriment.

Why not serve H-O Oatmeal tomorrow—steaming with its tempting, rich aroma?



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