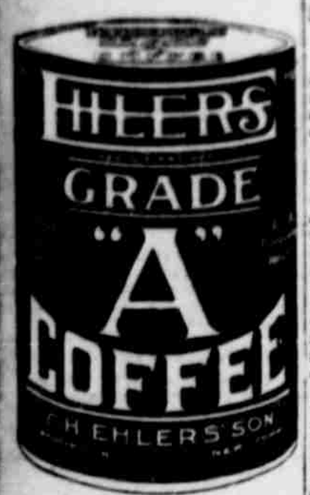
Prize for U. S. Yachtsmen.

Capt. H. Meningrats-Nielsen of Copenhagen, Commander of the racing yacht Nording IV., which captured the President Wilson Trophy at the international yacht race at the Panama-Pacific Exposition, sailed for home yesterday on the Scandinavian-American liner Oscar II., carrying the trophy with him. He was emphatic in his praise of American yachtsmen and American yachting.

IT SPEAKS FOR itself



POUND TINS 29¢

Safe Milk for Infants and Invalids

HORLICK'S THE ORIGINAL MALTED MILK

The Food-Drink for all Ages

Rich milk, malted grain, in powder form. For infants, invalids and growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged. More healthful than tea or coffee.

Unless you say "HORLICK'S" you may get a Substitute.

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG

NO. 26—WRIST AND HAND EXERCISES.

Exercises for the wrists and hands are valuable in strengthening the muscles of the wrists and fingers, and a great help to pianists, stenographers and those who suffer with writer's cramps and rheumatism.

To-day's illustration shows one position of the wrist circling exercise. Keep the arms perfectly rigid, as shown, and work hands around from the wrist in circles, first one way and ten the other. This exercise stimulates the circulation in the hands, wrists and arms, and, like foot circling, overcomes insomnia by drawing the blood down from the head into the limbs. A few minutes of the wrist circling exercise will warm the most obstinate case of cold hands.

In the past series several good exercises for strengthening the wrists and forearms, such as chest raising, tennis, rowing and many games in the home gymnasium, were shown, but of course all of these require a certain amount of time set aside for them to be performed, while a few minutes of wrist circling may be practised at any convenient moment you may have in home or office to devote to them.

The hands and finger nails are the very first part of the human body to indicate any internal disturbance of the organs, such as anemia, poor circulation, nervousness, indigestion, acidity, heart trouble, rheumatic condition, cyanosis, etc.

If the blood is anemic, the nails will appear pale and colorless; if the circulation is impaired the hands will remain cold; if nervous condition exists the nails often will be covered with uneven ridges and very brittle. Indigestion and acidity are indicated by very red, rough hands, and sometimes the brittleness and ridges are in evidence also. Heart trouble and cyanosis cause the finger tips to become blue and sometimes slightly enlarged. The latter condition, cyanosis, shows faulty composition of the blood. Aching pains and badly swollen joints we all know show a rheumatic condition. Of course simple exercise for the hands, wrists and fingers would not have much, if any, effect in permanently removing these diseases, but all of them may be greatly improved and in time probably entirely cured by following at

WRIST CIRCLING EXERCISE

least a small portion of exercises and all of the advice as to breathing and proper foods, baths and right living generally which I am giving you each day.

Exercises are the only natural means of enlarging and expanding the dormant muscles of the body, which are crowded together and oppressed during our daily living, and thereby prevented from performing the duties and functions for which they were created by nature. Intelligent exercise that is proper, and thoughtful selection as to kind and duration, increase the circulation, vitality, strength and endurance to a remarkable degree. When the chest and body are held properly, erect and expanded, the vital organs, heart, lungs, stomach, liver and intestines suspend easily and freely and have space enough to work in.

Tight corsets, belts, shoes, collars, gloves and round shouldered sitting position often impair the circulation and cramp these vital organs until serious conditions arise, which frequently end in long suffering, old age and indeed even death.

How easy it is to heed nature's warnings and make a little study of the reasons for certain unhealthy conditions existing and overcome them by a simple daily health regime before it comes to late.

To-morrow's exercises will be for the hands and fingers.

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.

MRS. JACK C. (Boston) asks: "Why do you tell every one to eat less? Do you think this is good advice for those who wish to gain weight?"

Because too much food is the cause of most diseases. Overeating often keeps the thin person from gaining weight. It is what we assimilate and not what we take into the mouth that nourishes the body.

MRS. H. E. W. asks: "I am following the exercises, but have only lost eleven pounds. I am five feet nine and weigh 206 pounds. What should I weigh? I do all my own work and am constantly on my feet. The doctor told me to lie down in the afternoon for fifteen minutes. I get so tired after my morning's work. Will this nap keep me stout? Is whole wheat bread fattening? I am thirty years old, and though I am not really ill never feel "fit." I hope I am not imposing by asking so many questions."

You should weigh not over 170 or even less. As you are so young you can easily reduce. If you eat a salad or some fruit for lunch you will not become drowsy, that is, if you get the proper amount of sleep at night. Take a few minutes' deep breathing and very light lunch and you will not get sleepy. You may rest after your work, but should not sleep. Gluten bread is the best for you as it does not contain starch. It is very nourishing and good for the system and not fattening. You are not imposing, and I am glad to help my readers who are good enough to write me for help.

MRS. LUCILLE K. asks: "Why do I feel so bloated after eating?"

Fermentation of food, which forms gas, causes this. Eat much less.

ANXIOUS READER (Salt Lake City) writes: "Some time ago you gave a depilatory for the temporary removal of superfluous hair. It began with a "B." Will you please repeat it?"

Rub barum sulphide (either the plain powder or made into a paste with water) on the hairs for a minute or two twice a week.

TIRED MOTHER (Little Rock, Ark.) asks: "Is it necessary for a woman who works very hard all day with housework and children to take exercise to get thin?"

Exercises should not be considered work and the harder you work the more you really need the exercises. Deep breathing, stretching and relaxing will be sufficient for you if you are all tired out at night. Watch the diet, for it is the food that is keeping you fat.

TESSIE O. asks: "Do you think all fruits and berries are wholesome foods, and should they be eaten with sugar and cream?"

All fruits are wholesome. Do not put sugar on them. Milk or cream on them may be taken if you are desirous of gaining weight. Bananas and grapes are fattening. Yes, unfermented grape juice is fattening.

MRS. K. L. T. (Albany) writes: "Do you consider nuts and raisins fattening?"

Chestnuts, butternuts, walnuts and raisins are all fattening.

M. A. K. writes: "Why am I always so languid, also so short of breath? Why does my stomach feel bloated?"

The tired feeling is caused by wasting your vitality, lack of exercise and proper deep breathing. Take a few minutes' rest whenever possible during the day. The deep breathing exercises will overcome the shortness of breath and teach you to control it. The bloated stomach is caused by the food fermenting in the stomach. This causes the gas, which extends the stomach. Eat much less than is your custom.

MRS. W. S. asks: "Please tell me if the neck exercises will cure goitre. My husband is troubled with writer's cramp, at times cannot use his arm at all, and just gives up. He has had treatment, but of no avail. Do you think the exercises would help him, and can you suggest some? He feels it from the shoulders down."

I cannot advise you about the goitre. You will have to see a physician. Exercises will positively cure the writer's cramp, and use them with hard massage. Try some exercises with rather heavy dumbbells, say three or four pounds each. Swimming strokes, tennis and the free-hand, bowling exercises shown recently (with a dumbbell in the hand) will help. Tell him to take the chest raising exercises and this will strengthen the arm from the shoulder to the wrist and relieve the pain.

M. F. asks: "Will you kindly print the exercises and diet for rheumatism again? I have a friend who nearly cured herself in a very few weeks practising them."

Leg circling and swinging, and the same with the arms, will greatly limber up the joints and remove the pains of rheumatism. Drink much buttermilk; it will not make you fat. Avoid meats, alcoholics, white bread, sweets and highly seasoned dishes. Drink lemon water or plain water, but not with meals.

ESTABLISHED 1857

Andrew Alexander

Sixth Avenue at Nineteenth Street

THE profusion of new footwear styles shown this season makes it advisable to select your fall shoes at a store of known reputation for style-authority. Since 1857, the Alexander label has stood for correct style and reliable quality. Our assortments this fall at $3.50, $4, $5 and $6 are larger than ever. Many of the smartest new styles are shown here first. The prices are as low as durable shape-retaining shoes can be sold for—those that won't give service are not tolerated here.

A smart line of boots at $6—patent leather kid top—dull calf with kid or cloth or gray buckskin tops.

$6

One never questions the styles at Alexander's. The judgment of our experts is based on our experience of 58 years as style-leaders.

Lamberts Keep Their Signal Flying

Cards are out for the wedding of the most charming girl you know. The pride of the family is about to have a birthday. The anniversary of a happy marriage is celebrated week after next. The best fellow in the lodge will soon have completed twenty-five years' work "for the good of the order."

And there are other sound reasons for a widespread interest in this reminder of the Lambert stocks of Directly Imported Diamonds, Diamond, Solid Gold and Platinum Jewelry and Rings, Watches from makers whose fame is wider than the continent and Silverware that would honor any collection of family plate.

"QUALITY FIRST" is the signal kept flying at Lamberts. Let public experience since 1877 tell whether we live up to our professions.

Solitaire Diamond Engagement Rings

Brilliant, Beautiful and Reasonable

"It was a magnificent Engagement Diamond Solitaire" says a newspaper description of the Engagement Ring purchased by the chief of the Republic. Citizens who buy Engagement Rings at Lamberts find there the widest choice of Diamond Solitaires. They do not find an inferior Diamond nor a high price here. Even $1,500.00 is a low figure for the Diamond we sell at that price. It would be a much higher price if some middleman got part of it, or if part went for a skyscraping rent or top-heavy "overhead charges."

But none of those things help to higher your price at Lamberts. All Diamonds are directly imported. All mountings—solid gold and platinum—come from the Lambert factory on the premises.

Diamond Engagement Rings, $10.00 up to $1,500.00.	Diamond Fancy Rings, $10.00 up to $2,000.00.
Diamond Rings for men, $10.00 up.	Diamond Brooches, $10.00 up.
Diamond Cluster Rings, $25.00 up.	Diamond La Vallieres, $9.00 up
	Diamond Bar-Pins, $10.75 up.
	Diamond Bracelets, $15.00 up.

L. B. Wedding Rings—Solid Gold and Seamless

We began with wedding rings of Seamless Solid Gold back in 1877, when the mothers of the Autumn brides of 1915 were themselves little girls. There are no better wedding rings made than those stamped "L. B." We have sold thousands of wedding rings in all shapes and styles at various prices from $3.30 up and we have yet to hear a complaint of one of them. Engraving without charge.

14-karat, $3.30 up	14-karat, $4.40 up	14-karat, $5.50 up	14-karat, $6.60 up
18-karat, $4.00 up	18-karat, $5.50 up	18-karat, $6.75 up	18-karat, $8.10 up
22-karat, $5.25 up	22-karat, $7.00 up	22-karat, $8.75 up	22-karat, 10.50 up

Other Solid Gold Brooches, $2.00 Up

"V shaped neck is here to stay," says the fashion editor. Which means, if any assurance were needed, that Lambert Solid Gold Brooches have as firm a grip on the favor of well-dressed women as the safety clasps on the brooches themselves have upon the dainty fabrics they are fastened to. Come and see some of our delicate, durable, original work on brooches, plain solid gold or bright with jewels.

Fancy brooch of solid 14-karat gold with real amethyst and 2 fine baroque pearls, $10.50.

Extra heavy solid 14-karat gold brooch set with 4 fine Oriental baroque pearls and 1 real sapphire, $13.50.

Tried and Trusty Watches

If it is a question of a watch, let Lamberts answer it. When you think of a watch, some name long associated with faithful, accurate time-keeping pops into your memory, and it probably is the name Waltham. Waltham Watches in all styles, are in the Lambert collection and every one must pass an expert examination in our factory before we offer it for sale.

Circles of Shining Beauty

Solid Gold Bracelets—the newest form of the oldest of ornaments. Bangle Bracelets that do not open; Bracelets with locks and hinges, Chain and Link Bracelets, plain polished, rose finish, Roman gold (dull finish), chased, engraved, $7.50 up; sparkling with diamond, directly imported by us, $15.00 up. These illustrated are all bangles.

10 karat, Half engraved, $10.50
Full engraved, $11.50
Half engraved, $11.50

14 karat, Half engraved, $14.00
Full engraved, $16.00
Half engraved $16.00

Bracelet Watches

Strap bracelet watch, $7.00 up.
All sterling silver; Swiss works, $10.50 up.
Gold filled, $12.00 up.
Solid gold, $20.00 up.
Solid 14 karat gold extension bracelet watch with 15 jeweled guaranteed Swiss movement, gilt dial, $23.50.

Solid 14 kafat gold bracelet watch, with 15 jeweled guaranteed Waltham movement, $28.00 up.

Solid gold Waltham watches for ladies, $16.50 up; Gold-filled, $10.00 up; Sterling silver, $9.00 up.

Men's solid gold Waltham watches, $22.50 up; gold-filled, $14.50 up; Sterling silver, $10.00 up.

LAMBERT BROTHERS

Diamonds—Jewelry—Watches

Third Avenue, Cor. 58th Street

Store Open Saturday Nights Until 10.

Fashion's Exteriors

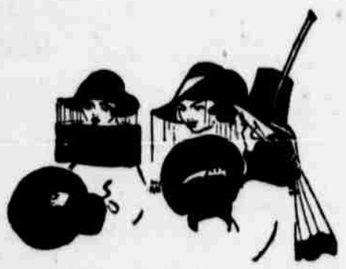
SATURDAY is a day when one wants shopping necessities centralized—that purchases may be quickly made, without losing time in looking about. The new Bedell fashion shop in Thirty-fourth street is a safe haven for the woman who knows Saturday perplexities—who must pick up a hat, or a waist, or a coat for the motor trip, or a little frock for the unexpected affair Saturday evening. Especially in fashion's "exteriors"—in hats and coats—are there wonderful new varieties and values.

Royal Hats of Velvets and Galloons

THAT leading actresses are purchasing many of these hats in the Bedell Millinery Salon is pleasing evidence of their correctness, their picturesque grace and colorful beauty.

The new purple-blue velvets, with silver galloon trimmings, fur-trimmed satins, panne velvets with smart rosettes and cock feathers—almost hourly arrivals from the ateliers of the great originators of millinery fashion.

Each new hat seems a new surprise in value—a hat at $10 or $15 which would be considered reasonable at a much higher price; beautiful little chapeaux at $5—a price which seems impossible for them.



Coats Which Outline the New Silhouette

SHOULDERS which fit, and hems which flare, mean a silhouette of most artistic possibilities, fully realized in the latest $20 and $25 arrivals in the great Cabinet of Coats at the Bedell shop.

Royal purple seems a most appropriate color for some of the richer effects—trimmed with blue fox. There are burgundies, blues, blacks, grays, amethyst—almost as many shades as are scintillated by the Tower of Jewels at San Francisco.

Velvets, velveteens, velours, broadcloths, motor mixtures—coats for business and coats for show—all useful and obedient to fashion's commands. Evening coats at $25, which one would not believe could be produced at that price. Big, comfortable, worldly-looking, English style tweed and mixture coats at $25 to $40. Other coats up to $175.

New York
Brooklyn
Philadelphia

Bedell

Newark
Pittsburgh
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Nineteen West Thirty-fourth Street, Opposite Waldorf-Astoria

No Connection With Any Other Establishment in the World

WORTH

43 & 45 West 34th Street, Opposite McAlpin Hotel

An Important Offering

New Fur Trimmed Suits

With Long Flare Coats

At Very Unusual Prices

Special Saturday

20.00
25.00
30.00

Collar & Cuffs and Borders of Natural Beaver, Opossum, Raccoon, Natural Skunk, Hudson Seal (dyed muskrat).

In Broadcloth, Gabardine, Whipcord, Poplin, Imported Velveteen.

Women's and Misses' Sizes.

Opossum Trimmed; One of Our $20.00 Models. *Raccoon Trimmed; One of Our $25.00 Models.* *Hudson Seal Trimmed; One of Our $30.00 Models.*

Fur Collar and Corduroy Coats

Superior quality corduroy, new full-length models, trimmed with opossum and natural muskrat; peau de cygne lined and interlined. *Very Special* **16.50**