



Puts Another Face on It

Many a man jauntily takes his cup or two of coffee at a meal and declares that coffee doesn't hurt him! But wait until the poisonous drug, caffeine, in the coffee begins to show its cumulative effects, and puts a different face on the proposition.

It's a fact any one can verify, that caffeine hardens the arteries, brings on premature old age, and sallows and wrinkles the skin. Some of the signs are headache, irritability, biliousness, heart flutter, sleeplessness, dizziness, "fag," and so on.

The way out is to quit coffee, and for a pleasant, healthful beverage use

INSTANT POSTUM

—the pure food-drink.

This delightful beverage is made from finest wheat, roasted with a bit of wholesome molasses. Looks and tastes like high grade Java coffee, but contains no caffeine nor any other harmful substance.

Postum makes for health, happiness and vigor.

"There's a Reason"

The May Manton Fashions



No. 8866—(With Basting Line and Added Seam Allowance), Loose Coat for Misses and Small Women, 16 and 18 Years.

No. 8628—Two or Three Piece Skirt for Misses and Small Women, 16 and 18 Years.

Call at THE EVENING WORLD MAY MANTON FASHION BUREAU, Donald Building, 100 West Thirty-second Street, opposite Gimbel Bros., corner Sixth Avenue and Thirty-second Street, New York, or send by mail on receipt of ten cents in coin or stamps for each pattern ordered.

IMPORTANT—Write your address plainly and always specify size wanted. Add two cents for letter postage if in a hurry.

HOME GYMNASIUM FOR WOMEN

BY PAULINE FURLONG



DEEP BREATHING EXERCISE

No. 56—Proper Breathing to Avoid Lung Troubles.

All the essentials to life the oxygen of the air is the most important and is only obtained by deep, full breathing. The more we breathe, the more oxygen, and the more oxygen, the more life. We may live without food for weeks and even months, without liquids for several days, but without air we can live but a very few minutes. When it is understood that one-third of all the body's waste and poisonous matter, resulting from the change of the body tissue, is excreted through the lungs, a fair idea may be gathered of the necessity of a great amount of pure fresh air entering them each minute of the day.

The blood makes a complete circuit of the body every three minutes, carrying oxygen to the tissues, and returning to the lungs heavily laden with the waste and poisons resulting from tissue waste.

Very few people breathe properly, and this is to be deplored, for only through full use of the lungs can you hope to become strong, mentally and physically. Deep breathing as a mental exercise leads to a degree of self-control and self-expression, and as a physical one increases nutrition and elimination, restores the lines of the figure, burns up unhealthy superfluous flesh, fills in hollows in the bony neck, clears the complexion, increases energy and endurance, improves digestion and renders the system practically immune from common disorders.

The wearing of tight belts, corsets and collars is a frequent cause of improper and shallow breathing, and all of these should be discarded by persons who are desirous of improving health and appearance. To increase the size of the chest it is necessary to insure an immediate increase in vitality, and this is the essential condition of power, mental and physical.

The lungs are the most elastic and most easily developed of all the structures of the human system, and three simple rules followed, will show a remarkable improvement within a few

weeks; correct and erect carriage of the body, freedom from restraint and systematic exercise. It is absolutely necessary to hold the chest high at all times. To-day's picture shows a deep breathing exercise for developing the lungs. Take a deep breath and raise the arms upward, palms facing the ceiling and stretch as though you were trying to touch it. After a moment slowly lower face and arms and exhale the breath. Practice this often in the open air or by an open window.

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. LENA S. writes: "Please tell me how to get the double chin exercise which were printed some time ago?"

ANNA S. writes: "I could not refrain from letting you know the great wonders your exercises have done for me. When I started I weighed 165 pounds and now weigh 135. My height

CLAIMS 34 NEW VOTES FOR WOMEN IN HOUSE

Mrs. Mollie McCormick, Suffragist Leader, Announces Added Strength in Congress.

WASHINGTON, Nov. 15.—In a statement issued to-day, Mrs. Mollie McCormick, Chairman of the National American Woman Suffrage Association, predicted as the result of suffrage campaigns in New York, New Jersey, Massachusetts and Pennsylvania an estimated gain to date of thirty-four votes in the House and three in the Senate. She said: "We expect new votes from Maine, Vermont, Connecticut, North Carolina, Florida, Alabama, Louisiana, Texas, Tennessee, Kentucky, Ohio, Indiana, Illinois, Michigan, Minnesota, Missouri and Nebraska. Besides this, twenty-two States will join in our plans for Congressional district demonstrations—our 'farewell parties,' as we call them—to the members of Congress before they leave home for Washington."

Tuesday, Nov. 16, is the date set for these Congressional district demonstrations.

ONE MASHER TO ISLAND; ANOTHER IS FINED \$10

Man Who Pleads Guilty of Insulting Woman Gets Lightest Penalty Imposed.

A ten-day sentence and a \$10 fine were the penalties imposed in Yorkville Court yesterday upon two mashers for insulting women in the streets.

Robert Swethurst, thirty-five, a public accountant of No. 33 Bentley Avenue, Jersey City, was fined \$10 by Magistrate McQuade in the Day Court after he pleaded guilty of insulting Mrs. Blanche Levy of No. 1018 Bryant Avenue, the Bronx, at Broadway and Thirty-second Street.

In the Night Court Frank Costello, twenty-five, of No. 338 Third Avenue, the Bronx, was sentenced to serve ten days in the workhouse for accosting several young women at One Hundred and Twenty-eighth Street and Third Avenue yesterday afternoon. Swethurst escaped a month in the workhouse through the testimony of neighbors as to his good character.

AUTO AMBULANCE IN CRASH

Skids Into Trolley Car and Surgeons Is Cut and Bruised.

A Norwegian Hospital ambulance skidded on the wet asphalt at Atlantic and Ralph Avenues, Brooklyn, shortly before midnight and ran into a Ralph Avenue trolley car. The ambulance was put out of commission and Dr. Bert Callagan, a surgeon, who was on the seat with the driver, was thrown against the windshield and received cuts and bruises. He was attended by Dr. Costello of St. Mary's Hospital.

The trolley car was not damaged. There were few passengers in it and no one was hurt. Ernest Wells, chauffeur of the ambulance, escaped injury. The ambulance was returning to the hospital after having taken an injured woman home.

SUGAR REFINERY TO RESUME

Chalmers Plant, Threatened in Suit, to Run Full Force.

NEW ORLEANS, Nov. 15.—The Chalmers refinery of the American Sugar Refining Company in the near future will resume full operation and will give employment to 1,000 additional workmen.

Dr. Osler on Tuberculosis

Dr. William Osler, Regius Professor of Medicine at Oxford, says in his "Practice of Medicine" (1902), on page 249: "The healing of pulmonary tuberculosis is shown clinically by the recovery of patients whose spurs elastic tissue and bacilli have been found." In the granulation products and associated pneumonia a scar tissue is formed, while the smaller caseous areas become impregnated with lime salts. To such conditions alone should the term healing be applied.

The success of Bohman's Alternative in tuberculosis may be due partly to its content of a lime salt in such combination with other valuable ingredients as to be easily assimilated.

It is worth a trial, unless other treatment already is succeeding. We make no promises concerning it any more than do reputable physicians with their prescriptions; but since it contains no opiates, narcotics or habit-forming drugs, it is safe. From your druggist or direct, Eckman Laboratory, Philadelphia.—Adv.

1885  1915

C. C. SHAYNE & CO.

Importers and Manufacturers of

STRICTLY RELIABLE FURS

Coats, Wraps, Neckwear and Muffs

In All The Fashionable Furs

126 West 42nd Street

NEW YORK

B. Altman & Co.

FIFTH AVENUE-MADISON AVENUE

Thirty-fourth Street NEW YORK Thirty-fifth Street

An Important Sale of Men's Silk Shirts and Neckwear

In attractive price assortments has been prepared for to-morrow (Tuesday):

- Negligee Shirts, of heavy Japanese Habutai Silk, in an extensive variety of new and smart patterns and colors; also in plain white at \$4.65
- Negligee Shirts of a fine quality crepe de Chine; in large assortment of handsome patterns; also plain white at \$5.85
- Silk Four-in-hand Scarfs; in attractive stripes or figures, with effective color combinations at 65c

Four-in-hand Scarfs, made from rich Imported Silks; in the latest designs and colors, \$1.20

MEN'S PAJAMAS
of Outing Flannel will also be on sale at the same time at per suit \$1.10

A Sale of Men's Underwear for to-morrow will afford splendid values in the following assortments:

BALBRIGGAN SHIRTS
Medium weight, with long or short sleeves; ankle Drawers per garment 50c

Shirts of gray cotton-and-wool, long sleeves; with ankle length Drawers, per garment 78c

MEN'S UNION SUITS
of gray cotton-and-wool, ankle length, with long sleeves per suit \$1.35

Celluloid Toilet Articles

A special offering to-morrow will afford remarkable price advantages. In all cases the price quoted includes the engraving of Monogram to order on each article:

- | | |
|----------------------|------------------------|
| Hair Brushes, \$1.65 | Trinket Boxes : 95c |
| Mirrors 1.65 | Nail Buffers : 65c |
| Combs 25c | Shoe Horns : : 50c |
| Cloth Brushes, 1.85 | Button Hooks, Nail |
| Hat Brushes, . 1.25 | Files, Salve Boxes, |
| Hair Receivers, 65c | Puff Boxes 65c |
| Puff Boxes . . . 65c | each 35c |

Also a Three-piece Set, consisting of Mirror, Hair Brush and Comb in box; each article initialed in dignified Old English, at the special price of per set \$4.25

In the Trimming Section (First Floor)

is displayed new assortments of Spangled Garnitures in large and attractive varieties of shapes and colors. Included are royal blue, sphinx, emerald green, orchid, pink, opal and all black.

A Special Sale to-morrow will present

CHIFFON ROSE TRIMMINGS

In all pink, light blue and pink, and in the charming pastel shades,

at per yard 28c & 65c

Sunshine Biscuits

Sunshine
GRAHAM CRACKERS

Sunshine
LUNCH BISCUITS

The Sunshine Lunch Biscuit seems to have an affinity for milk. Crumbled into a bowl of milk or munched with a glass of milk, it makes milk taste like a luxury—5c.

Look for the doll in each package of Tahoma Biscuit. Eight pretty costumes in many other varieties. See list in Tahoma package.

Two should eat more nourishing Graham Crackers and you will gladly when you taste Sunshine Graham. Light and flaky as pastry, tender, but scorching withal. Go well with chocolate or milk—just what the children like for between meals—10c.

Kosher-Wheat Biscuit Company
Bakers of Sunshine Biscuits
New York

FIRST OFFICIAL FRENCH GOVERNMENT PICTURES OF FIGHTING IN FRANCE

Will shortly be presented to the people of the United States by **The World** Government of France to the War Correspondent of The World. Announcement will be made this week of the date on which these pictures will be shown in the United States for the first time.—Under management of Morris Gest.

Through Mr. E. Alexander Powell, correspondent of The World with the Allied Armies, the stirring pictures of the French Armies in action, taken for the official records of the nation, have been secured. These Official Motion Pictures were taken on the battlefields and in the trenches under the direction of the Great General Staff of the French Army for the National Archives and loaned by the