

**STRONG-MINDED.**  
(From the Cincinnati Star.)  
"Your wife seems to be a strong-minded woman," remarked Mr. Hatch. "The certainty is," replied Mr. Meek, "that she can read a doctor's medicine almanac and not feel a single symptom of illness."

**IN ALL OUR NEIGHBORHOOD**

There is Hardly a Woman Who Does Not Rely Upon Lydia E. Pinkham's Vegetable Compound.

Princeton, Ill.—"I had inflammation, hard headaches in the back of my neck and a weakness all caused by female trouble, and I took Lydia E. Pinkham's Vegetable Compound with such excellent results that I am now feeling fine. I recommend the Compound and praise it to all. I shall be glad to have you publish my letter. There is scarcely a neighbor around me who does not use your medicine."—Mrs. J. P. JOHNSON, R. No. 4, Box 30, Princeton, Illinois.



**Experience of a Nurse.**  
Poland, N. Y.—"In my experience as a nurse I certainly think Lydia E. Pinkham's Vegetable Compound is a great medicine. I wish all women with female troubles would take it. I took it when passing through the Change of Life with great results, and I always recommend the Compound to all my patients if I know of their condition in time. I will gladly do all I can to help others to know of this great medicine."—Mrs. HORACE NEWMAN, Poland, Herkimer Co., N. Y.

If you are ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.  
If you want special advice write Lydia E. Pinkham Medicine Co., (confidential), Lynn, Mass.—Advt.

**NUXATED IRON**  
increases strength of delicate, nervous, run-down people 200 per cent. in ten days in many instances. \$1.00 for a full explanation sent to appear in this paper. Ask your doctor or druggist at once. Nicker-Hegeman Co. and Kalisch Pharmacy always carry it in stock.—Advt.

**HOME GYMNASIUM FOR WOMEN**

BY PAULINE FURLONG



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.

**No. 58—How to Prevent Insomnia.**

Physical exercises are a valuable remedy for the prevention and cure of almost every common disorder to which the flesh is heir, and as the brain is not a muscular organ, it must depend entirely upon bodily activity to draw the used blood away and replace it with a fresh supply.

Insomnia is caused by a congestion of blood at the base of the brain, and results from violation of Nature's laws. Overloading the stomach with rich, heavy, highly seasoned foods, especially late at night, too much thinking and planning, anxiety and worry, are all the self-inflicted causes for insomnia.

Absolute mental self-control, as to your food, business and daily habits of life, is the only way to overcome this self-inflicted curse, and no amount of drugs, even though they promote sleep, will permanently bring relief, without the proper mental command.

To overcome insomnia the very first important rule to follow is to positively eat nothing several hours before retiring; the second is to relax, completely, mind and body, after retiring; the third, several minutes' practice of some simple exercises for the lower parts of the body to draw the blood away from the brain and send it to the muscles, which need it, just before going to bed. Hot milk is a wonderful sleep producer and causes an increased activity of the blood vessels of the stomach, just long enough to relieve the congestion of the brain.

Of course it is not advisable to go to bed hungry, and if you must eat something, a juicy apple will promote sleep, excite the action of the liver, help the kidneys, secretion and overcome indigestion.

The best exercises to relieve insomnia and promote deep, restful sleep are heel and toe raising, at least fifty times before retiring, leg and

straight out with a sharp kick, as far as it will reach. This position should also be assumed for the leg circling exercise, which is also a valuable one for the reduction of large thighs and abdomen.

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

**OILY HAIR**—M. G. W. asks: "Do you advise the use of powder for very oily hair? I go to a hair dresser who uses one, but I believe it clogs the pores."

As some hair is so very dank and heavy with oil that it is impossible to keep it dry and fluffy, an occasional dry shampoo will help. Constant washing of the scalp, naturally stimulates it and the oily condition shows it to be already over stimulated. Do not brush nor massage the extremely oily scalp and use tar soap if any in the wet shampoo. The following is a harmless method of giving a dry

shampoo: Rub fine cornmeal on the oily hair, tie up in a cloth and when the meal has absorbed the grease, brush out all traces of it with a very soft brush.

**ALMOND OIL**—MRS. K. T. E. asks: "Please explain in the paper just what almond oil is made of and is it good for the skin? How can I get the best numbers for developing the bust and filling in the hollows in the neck and shoulders? Do you think green soap a good remedy for obstinate blackheads?"

Almond oil is a fixed oil, expressed from either sweet or bitter almonds, and is a clear, straw colored, oily liquid, having a mild, nutlike taste and odor. It is used in nearly all toilet preparations and is cleansing and nourishing. No, it will not promote the growth of superfluous hair. Send me 15 cents and repeat your question for the bust and body developing exercises. Green soap is a valuable aid in the removal of obstinate blackheads, but should be used much diluted, as it is a powerful irritant. It cuts the grease and removes it, but must be used with discretion and thoroughly washed out of the pores. Have the druggist prepare a mixture, containing it for you, if you so desire to use it. The local treatment for blackheads will not remove them permanently, nothing but light, easily digested foods and a clean system will do so.

**STOUTNESS WITH AGE**—H. S. writes: "I have followed your columns in the paper with great interest and want to trouble you with a few questions. I am forty-three years old and weigh 170 pounds. I suppose I should weigh 150. Do you think it is necessary for one to grow stout as they get older? I have missed several copies of the paper containing your articles. Do you think I could get the double chin exercises and also the bust and upper arm reducing exercises, and how much shall I send? Does the deep breathing help to reduce? I think I can do all of the exercises, as I am very active. Would you recommend peroxide to whiten the skin on the face, neck and arms, or freckles?"

As you did not state your height, it is not possible for me to advise you about your proper weight. It is maintained by some authorities that some extra amount of weight in middle life is perfectly natural, and is an indication of health, being nature's way of conserving the heat and vital force that is generated so slowly and lost so rapidly in advancing age. You may get the double chin and shoulder exercises by sending me 20 cents and repeating your request. Deep breathing develops and reduces, and is absolutely essential to good health and appearance. Fresh air nourishes the thin, starved body and burns up the adipose tissue in the overfat one and thereby brings the body to normal weight and health, as originally intended by nature. Peroxide will gradually whiten the skin, but is very drying to it and should be used with care. Freckles are beneath the skin and cannot be removed without taking the skin with them. The following is a harmless, mild bleach for the skin: Borax, one teaspoonful; Glycerine, one ounce; citric acid (lemon juice), two teaspoonfuls; hot rain water, six ounces. Perfume to suit. Strain after twenty-four hours and use often.

**Dandruff Surely Destroys The Hair**  
Girls—if you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't. It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to destroy it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips. By morning, most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it. You will find, too, that all itching and digging of the scalp will stop, and your hair will look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.—Advt.

**WORLD WANTS WORK WONDERS**

**GIMBELS—The Greater Service—"Progress"**  
As Illustrated in This New York's Busiest Store

**"Progress"**  
**Women's Broadcloth Suits at \$45 Marvels!**  
Three Ultra Styles  
Copies of Costly French Models  
In the most fashionable shades of the season, including  
Navy Blue African Brown Burgundy  
Dark Green Old Blue

**Model 1**—Typically Russian with its three-quarter length Coat with pronounced skirt fullness; wide belt extends to plain panel back. The high collar and front of coat are banded with skunk, as shown in the sketch. Circular skirt shirred all around; detachable belt.

**Model 2**—Medium-length Coat, with high collar, cuffs and border of Hudson Seal (dyed muskrat). Two job pockets, button trimmed; full circular skirt shirred at the back.

**Model 3**—Skunk-trimmed Broadcloth Suit. Double bands of skunk trim the high choker collar and simulate broad cuffs; buttons of the fur fasten the long belted Coat. The full circular skirt has a broad detachable belt.

**GIMBELS—Third Floor**

**"Progress"**  
**Tres Chic! Pheasant, Najorie and Impeyan Feather Hats**  
At \$2.95 to \$9.75

WHEREVER fashionable women are seen these days close-fitting feather Turbans are quite in evidence. Often they have been selected to match their Suits and again to provide the brightening note of color.

GIMBELS extensive collection includes every new style in the modish colors—Brown, Blue, Green, also Black and White.

**Black Spangled and Sequin Hats.**  
Trimmed with Fur and Maline, \$6.50 to \$9.50.

Made of finest imported materials, designed in our own work-rooms and trimmed with either Hudson Seal (dyed muskrat), Fitch or Skunk.

**Metallic Flowers, 45c to \$2.25.**  
The favorite trimming for the close fitting untrimmed turbans. No-charge trimming service will be attended.

**GIMBELS—Third Floor**

**"Progress"**  
**Satin Crepe Meteor, yd. \$1.35**  
40-in. width; \$2 & \$2.25 Qualities

HERE is another GIMBEL triumph—a splendid fabric, VERY scarce, VERY fashionable and much wanted, offered in an extraordinarily complete range of the newest shades, and at a price out of all comparison with what is asked elsewhere. We are showing, in this material, all the new browns, greens, and blues, as well as black and white.

**GIMBELS—Second Floor**

**"Progress"**  
**Boys' Fine Overcoats Very Unusual at \$8.75**  
For School and Dress Wear

A LARGE assortment of gray and fancy mixtures; some wool body lined, with Venetian yoke; others single and double-breasted models with convertible collar; belted or plain back. Sizes 3 to 18 years.

Chinchilla Overcoats in gray, blue and brown; wool body lined, with yoke; double-breasted style with velvet or self collar; belted or plain back; sizes 3 to 10 years.

**Boys' Mackinaw Coats, \$5 to \$8.75**

An unusual assortment in plaids of maroon, olive, gray, brown and tan, or dark or light grounds; plaid or plain backs with yoke and belt, or the great pocket coat, so popular at present. This is a combination school and skating coat; sizes 8 to 18 years.

**GIMBELS—Fourth Floor**

**"Progress"**  
**Leather Goods At Little Prices**

A miscellaneous collection of useful things:

Wicker Sewing Baskets, with leatherette tops, at \$1.35.  
Larger Baskets, at \$2.95.  
Telephone Registers, 35c, 50c  
Collar Bags, 50c.  
Photo Frames, 50c.  
Flat Brush Sets, \$1.  
Real Ecu Stick Pin Boxes, \$1.35.  
Sewing Bags, \$1.  
Wicker Sewing Trays, special at \$1.  
Children's Bags, 50c.

Women's hand Bags, envelope or carriage styles, at \$1.

**GIMBELS—Main Floor**

**"Progress"**  
**Most Wonderful Rug Offering This Season! Room Size "Superbus" Solid Color Wilton Rugs, About Half Price**

UNQUESTIONABLY the finest Rugs of their kind we have ever offered at the price. Suitable for any room in the home—and for the office or hotel.

**\$60 9x12 ft. Superbus Rugs, \$37.50**  
**\$55 8.3x10.6 Superbus Rugs, \$35**

These splendid Rugs are woven on imported looms, from the finest worsted yarns. They are made with solid centers and one or two band borders. Among the soft, rich colors are:

Rose, Green, Blue, Brown, French Gray, Red.

In addition to the regular room sizes quoted above, we have ample stocks as follows:

Size	Usual Price	Now	Usual Price	Now
9x15	\$80	\$47.50	9x9	\$48.50
9x10.6	\$55	\$35	7.6x9	\$40
			6x9	\$35
			4.6x9	\$27.50
				\$15.00

**GIMBELS—Sixth Floor**

**"Progress"**  
**Fascinating Ribbons**

A wonderful collection for every purpose. Here are a few specials:

25c Silk Taffeta Ribbon, yard 15c  
In a wide range of colors; 5 1/2 inches wide.

15c Silk Satin Taffeta Ribbon, 16c to 20c yd.  
Also warp print ribbons, in a range of colors and patterns; 4 1/2 to 5 1/2 inches wide.

55c All-Silk Warp Print Ribbon, yard 35c  
Extra fine quality with satin and Ottoman edges to harmonize; 7 1/4 inches wide.

**GIMBELS—Main Floor**

**GIMBEL Subway Store**

**"Progress"—Extra!! Very Special**

**1,800 Pairs \$3.75 Woolen Blankets \$2.65**  
The cancelled orders of several of the largest manufacturers of blankets in the United States. Included in the lot are white with pink or blue borders; also plaids of blue, tan, pink and gray. Every blanket perfect. Pair.....

**600 Pairs \$5 Extra Large Blankets \$3.65**  
Heavy Weight, Ribbon Bound  
In white, with pink and blue border or black plaids of pink, blue, tan and gray. Size 72x84 inches. Pair.....

**\$2.75 Wool Finish Blankets \$1.95**  
Pink and blue Pink and blue borders; size 72x84 inches; pair.

**\$1.50 Silkoline Comfortables \$1**  
Cotton filling for this sale. Coverings in pretty floral designs; white.

**\$1.85 Bordered Comfortables \$1.35**  
Silkoline coverings in dainty colors; saten border to match center; medium weight.

**\$2.50 Bordered Comfortables \$1.95**  
extra good quality white cotton filling.

**\$1.50 White Crochet Bed Spreads \$1**  
Hemmed, read for use.....

**\$2.25 White Crochet Bed Spreads \$1.50**  
Superior grade; neatly scalloped with cut-out corners for metal beds; new centre patterns.....

**75c Imported All-Wool Storm Serge, 55c yd.**  
38 inches wide; thoroughly shrunken and sponged; navy blue only.

**\$1 All-Wool Diagonal Suitings, 68c yd.**  
Fashionable for Suits and Skirts; 42 inches wide; in Belgium blue, Burgundy, plum, taupe, etc.

**\$1 Imported Chiffon Broadcloth, 58c Yd.**  
Black only; 33 to 35 inches wide; sponged and shrunken. Medium weight.

**GIMBEL Subway Store, Lower Floor.**

**"Progress"**  
**\$9 Dinner Sets, \$6.95**  
100-piece American porcelain set, with pretty rose designs; will serve 12 people.

**\$10 Dinner Sets, \$7.95**  
100-piece American porcelain set, with rose design and gold edges; will serve 12 people.

**25c to \$1.50 Platters, 12c to 75c**  
From 8 inches to 18 inches.

**Double Roasting Pans, 20c each**  
Steel covered; self basting; size 10x15x7.

**2-pc. Carving Set, 95c**  
English Sheffield steel; stag handle; diameter blade, 9 inches.  
**GIMBEL Subway, Lower Floor.**

**"Progress"**  
**Silver-Plated Bread Trays, \$1.50**  
Quadruple silver plated; in plain or engraved effects.  
8 in. Fruit Dish, at \$1. Silver plated, with handle gold lined.  
Alarm Clocks—Very Reliable Make, at 50c.  
**GIMBEL Subway, Balcony.**

**"Progress"**  
**Special From New York's "Home of Dinner Ware"**  
**\$15 Porcelain 100-Piece Dinner Sets, \$10.95**

IN spite of the shortage of raw materials, the general disorganization caused by the war, the destruction of factories and almost entire lack of workers, the GIMBEL organization at home and abroad has performed wonders in offering you splendid foreign and domestic china at incredibly low prices. This set is an excellent illustration.

**\$25 English Porcelain Sets, \$15**  
Containing 112 pieces, and each piece gilt.

**\$40 Austrian China Sets, \$22.50**  
Exceptional quality, and beautifully decorated.

**\$55 "Elite" China Sets, \$35**  
Open sets, containing 108 pieces.

**\$75 Theo. Haviland Dinner Sets, \$39.50**  
108 pieces, with rich border decoration.

**GIMBELS—Fifth Floor**

**SPEARS**  
6th AVE. & 16th ST.  
**REMOVAL SALE**  
LESS THAN SIXTY DAYS  
IN WHICH TO DISPOSE OF A QUARTER-MILLION DOLLARS' WORTH OF SPEAR'S TRUSTWORTHY FURNITURE AND FLOOR COVERINGS

**IF YOU KNOW SPEAR'S USUAL MODERATE PRICES, you will the better realize that this Removal Sale, offering reductions ranging from 25% to 50%, is the most important money-saving, furniture-selling event ever announced.**

The entire stock in our ten-story building and in our warehouse must be sold—everything—nothing will be moved to our new building, except the good will of our customers and the office records—therefore these noteworthy values.

**DINING ROOM SUITE ADAM PERIOD**

A Typical Example of the Many Period Adaptations on Display Here

Its unusual low price indicates the savings provided throughout our stock. Made of fine quality Fumed Oak. Built by our best craftsmen. Buffet with triplicate mirrors, commodious cupboards, two large linen drawers and silver drawer. Dining Table: 48-inch circular top, with 4-foot extension. China Closet. Serving Table. Arm Chair and 5 Side Chairs with genuine leather seats.

Ten-Piece Set Complete Was \$165. REMOVAL PRICE, \$115

**Our Convenient Payment Plan**  
Enables you to buy at this sale at our cash prices, and make convenient weekly or monthly payments without interest charges.

**Monarch Brand Special Velvet 9x12 Rug, was \$30; Re- \$19.75**  
Special Price

Monarch Brand 9x12 Tapestry Brussels Rugs: were \$22.00 Removal Price \$16.75

Monarch Brand 9x12 Tapestry Brussels Rugs: were \$22.00 Removal Price \$25.50

Monarch Brand 9x12 Tapestry Brussels Rugs: were \$15.00 Removal Price \$9.75

Monarch Brand 9x12 Tapestry Brussels Rugs: were \$15.00 Removal Price \$20.75

All Carpets Made, Laid and Lined FREE

**Something New in DINNER WARE**  
The "Lucky Bluebird" (The Bluebird of Happiness) is a Bluebird in blue and turquoise with the soft red of nature on the breast. While the edges of each piece is finished in deep blue and with a tracing.

50-Piece Bluebird Dinner Set, \$15.00 value. Removal Price \$8.50

100-Piece Bluebird Dinner Set, \$18.00 value. Removal Price \$12.00

**WHILE THEY LAST**

Real Bargains in Furniture, Carpets and Rugs

**BRASS BEDS \$7.50**  
2-inch post, with heavy 4-in. fillers; 4-foot also only; dull finish; were \$12.00. Removal price.....

**SPEARS**  
6th AVE. & 16th ST.  
NEW YORK PITTSBURGH CINCINNATI