

THIEF OVERLOOKS GOLD BAR.

George W. Sheppard, a mining representative, with offices in the Equitable Building, reported to the police yesterday the theft of \$288 in greenbacks from the office safe. The thief overlooked a gold bar worth more than \$500 and \$150 in Mexican money. Mr. Sheppard says he discovered the loss on Tuesday but failed to find any marks on the strong box. Private detectives were at first put on the case. The combination of the safe was known only to the owner. This was the first robbery of its kind below the "dead line" in several months.

SAGE TEA PUTS LIFE AND COLOR IN HAIR.

Don't Stay Gray! It Darkens So Naturally that Nobody can Tell.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a 50-cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old, famous Sage Tea Recipe are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray, becoming faded, dry, scraggly and thin have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful—all dandruff goes, scalp itching and falling hair stop.

"Eddy's" Sauce will make the best Thanksgiving Dinner taste better.

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OLD ENGLISH
STYLE
Sauce
Fine for Soups, Roasts, Salads and Gravies. At Grocers and Delicatessen Stores. **10c**
Per Bottle. Made by E. P. Pritchard, 331 Spring St., N. Y.

HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG

No. 60—Overcoming Shortness of Breath.

If you wish to overcome short-windedness and heart fluttering learn to control the breath and avoid clavicular breathing. Lack of self-control is the result of nervous disorder, and this is usually the cause of heart fluttering and shortness of breath.

First of all you must learn to command your breath and carry the chest up and high and absolutely independent of the breath. Tight clothing, belts, collars and corsets and too much food are a few of the various causes of improper carriage, incorrect and shallow breathing and heart fluttering.

To correct short-windedness it is necessary to find the cause and overcome it by a few minutes' practice each day of some simple exercise to help you to control the diaphragm, which will give you absolute command and complete mastery of your breathing. In the past series I told you of the benefits derived from practicing the stair climbing exercise, with the windows open to allow a free current of fresh air to circulate.

Take a deep, full breath before mounting the stairs, holding the chest high, then check the diaphragm so as to control it on its upward movement. A few minutes practice of this exercise each day will soon relieve you of shortness of breath. Make nasal breathing a habit, and, no matter how short of breath you may be, at the top of a hill or flight of stairs hold the mouth tightly closed until you have returned to normal breathing. Catarrh and many throat and nasal disorders would be unknown, if all persons breathed through the nose at all times.

No set of exercises are so important as the deep breathing ones, and too much stress cannot be laid on the benefits which may be derived from constant practice on them. To-day's illustration shows a new breathing exercise, which will aid you in overcoming short-windedness. Stand with the backs of the hands lightly resting on the small of the back, chest and head high, as shown, and first incline the



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.

head and then the body, bending forward about the same time inclining through the nose and allowing the inspired air to expand the back, so as to push the hands outward and further apart. Then slowly exhale, bring the head and chest back to the original position. Repeat at least ten times by an open window.

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

FOOT EXERCISES—E. F. D. writes: "Just by chance I came across a paper containing one of your lessons and now I get it every day. I am writing this letter to thank you for having my feet treated and the doctor says there is a muscle in the back of the leg that must be cut. When I read the article about exercising the feet I thought I would take a chance and practice them, which I did. When I went to the hospital the other day the doctor asked me if I had been doing anything with my feet, as they were much better. When I told him he told me to keep right on exercising them, by standing on my toes and heels, as you had advised in the paper. What I need is more blood and something to cause a better circulation. The least noise awakens me, and the doctor says what I need is more blood.

Your kind letter is very gratifying to me. The foot exercises will cure more troubles of the feet than most people imagine. Your nervous condition is undoubtedly due to anemic condition, poor circulation and impoverished blood. Raw eggs and milk, beaten together, will help you and grape juice is a valuable blood-maker. Send me 25 cents and outline again just what you need, and I will send the course. Please tell me your weight and height when you write.

OILY SCALP—G. G. writes: "I am going to ask you to help me as you have helped my sisters. I am a man troubled with very oily scalp and hair and my scalp itches continually. I believe it is scabrous. Can I be cured? My nose is also extremely oily and after I drink coffee is becomes red and very oily, which makes the pores enlarged. How can I remedy this condition?"

The oily condition of the skin and scalp is caused by enlarged glands, and nothing should be done to stimulate them. Do not massage the face or scalp and do not brush the hair. The itching is probably caused by oily dandruff. Shampoo with tar soap or the following: two raw eggs and two tablespoonfuls of lime water, mixed. Wet the hair and apply this mixture. Rub in well and then spray out all traces of it. Do not use soap with this shampoo. Use this tonic on the oily scalp: Resorcin, ¼ dram; distilled water, 3 ounces; alcohol, 2 ounces; witch hazel, 3 ounces. Apply every night without rubbing. Follow a simple diet without greasy foods or pastry. The coffee with cream is causing red nose and indigestion.

GENERAL ILL HEALTH—MRS. J. M. R. (Youngstown, Ohio) writes: "I am forty-seven years old and want you to advise me as you have others. I have indigestion, with a full feeling after eating, and have a bad pain across kidneys after eating meat or sweets. I always wake up with a bad taste in my mouth and a pain in my head. Am cold all the time, nervous and discouraged and very excitable. Am constipated and very pale and weak at night. I only weigh one hundred and am five feet four inches tall. My hair is also falling out badly, scalp itches and hair is broken and short."

You are eating too much and the wrong foods. Lack of exercise and constipation existing keep the body from getting rid of the poisoned waste, which is piled up in your system. You are thin because you cannot digest and properly assimilate what you do eat, and the bad taste arises from the sour, undigested mass which is retained in your body. Do not eat meats and sweets if you have pain in the kidneys. Live on a diet of wholesome fruit and green vegetables and drink much water for at least a month and watch the improvement in your general health. Practice the trunk raising exercises for constipation.

TORPID LIVER—T. M. H. and others: Owing to numerous requests from my readers for further details about the exercise illustrated to try to overcome torpid liver and constipation, I will explain it in full to-day: The movement is purely a side bend from the waist. Take your position, lying on your side, and raise the sitting position with a quick bend at the waist, supporting and balancing yourself with both hands, as shown. You should then rest the entire weight on the sides, hips, sides of legs and hands. Practice the exercise six times, return to original position, relax, and then raise on the opposite side six times.

THE ROLLING EXERCISE—MRS. JOHN K. asks: "Is it possible to take the rolling exercise, with the closed fists, placed anywhere on the body other than under the chin? I find it most difficult to practise it in this position."

The closed fists should be held on the chest, at the armpits, to protect the breast, and not under the chin.

TRUNK REDUCTION—MRS. L. M. N. asks: "Will you please tell me the very best way to reduce fat from around hips, abdomen, arms and legs? I am thirty-nine years old and weigh 230 pounds."

As you are young enough to respond readily to a course in reduction, I think the all around exercises, taken very mildly at first, together with the proper diet, which does not mean starvation, will help you to lose weight. Send me 30 cents and repeat your question.

B. R. T. Superintendent Pleads Not Guilty of Disobeying P. S. Board. John J. Dempsey, superintendent of transportation of the Brooklyn Rapid Transit Company, pleaded not guilty yesterday before County Judge Hyland in Brooklyn, to an indictment charging him with violating an order of the Public Service Commission, a misdemeanor. Dempsey had demurred to the indictment, but was ordered to trial. The Public Service Commission directed the B. R. T. to stop express trains at the Third Street station.

CONROY ON TRIAL FOR DEATH OF GATEMAN

Brooklyn Man Accused of Man-slaughter at Long Island Railroad Crossing.

Martin H. Conroy of No. 210 Eighth Street, Brooklyn, was placed on trial before County Judge Humphrey and a jury in Long Island City yesterday afternoon, on an indictment charging him with manslaughter in the second

degree, while operating his automobile, which struck and killed John P. Joyce, employed by the Long Island Railroad, a gateman, at the Hempstead Turnpike, Jamaica, on Sept. 9 last.

The prosecution charges that Conroy was driving his automobile, in which there were other persons, as it approached the crossing at about thirty-five miles an hour. There was a train approaching and Joyce lowered the gates. The machine could not be stopped in time to avoid hitting Joyce.

Counsel for Conroy, in opening, said he would prove that Conroy was not operating the machine at illegal speed, that there was great congestion at the crossing at the time and

that Joyce ran out into the roadway to halt traffic, thus imperiling himself, and was struck.

The trial will go on to-day.

Long Distance Greetings by Lotus Club. The Lotus Club will entertain at dinner, Saturday evening, Nov. 27, John J. Carly, telephone engineer, who installed the long distance lines to Hawaii, the Eiffel Tower, Paris, and other places. Greetings will be exchanged between President Frank P. Deering of the Bohemian Club, San Francisco, and President Frank R. Lawrence of the Lotus Club, with guests listening to the words spoken on the Pacific Coast, 2,000 miles away.

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The styles of yesterday find no place in our show-rooms; patrons are assured that all garments purchased here are in the newest authentic styles.



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| Silk Chiffon Velvet Suits..... | Regular Prices up to \$79.50 | Reduced to 29.50 |
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Misses' Fur Trimmed Corduroy Coats

New flare models trimmed with skunk, opossum raccoon and other handsome furs; lined with soft silk and interlined. **Very Special 18.50**

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Fancy mannish mixture coats with handsome fur collars, newest flare model. **Very Special 16.50**

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Stylish, youthful models, lined throughout with Peau de Cygne and heavily interlined. **Very Special 19.75**

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New flare models; skunk opossum collar; peau de cygne lined. **Very Special 19.75**

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Fashioned of two toned silk, embroidered net sleeves, extra wide skirt; may be had in rose, Nile, maize, white, turquoise, French blue, light blue and flesh. **Very Special 16.50**

Stewart & Co. Will Close Out Tomorrow

Misses' Afternoon and Evening Gowns

Former Prices up to \$59.50

Taken from regular stock, fashioned of charmeuse, crepe, Georgette, radium Lausanne silk, taffeta silk, silk net, crepe meteor and velveteen. **To Close at 18.50**

THE PROOF OF THE PUDDING IS IN THE WEARING



All Garments Ordered Before Tuesday Night Positively Delivered for Thanksgiving

During this big Thanksgiving sale we have eclipsed our own heretofore unmatched \$25 values. For the past few months we have been quietly making special cash purchases in small quantities of woolsens at ridiculously low prices from jobbing and tailoring concerns throughout the country. Individually these purchases were too small to announce to our customers until now; collectively, they comprise a veritable feast of highest quality materials, designs and patterns to select from, values that are worth many times our sale price, all to go at our standard price for suit or overcoat, \$14.75, made to measure. This is an unusually fine offering of woolsens. If you miss it you may never again get such quality at \$14.75. It will pay you well to visit our nearest store. Come.

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