

The Shop Individual
RUSSEK'S
362 Fifth Ave. OPPOSITE ALTMAN'S 1 West 34th St. OPPOSITE WALDORF

Special FUR EVENT



Sale at Both Stores

Preparations for This Remarkable Advance Sale Having Just Been Completed, We Now Announce the

Exceedingly Low Prices of

Smartly Styled

RICH FURS

(1/3 Off on All Furs)

Fine Hudson Seal Coats

Hudson Seal Coats Newest distinctive models. Collar and cuffs of seal.	65.00	Hudson Seal Coats Special quality. Smart flare design. Skunk trimming.	95.00
Hudson Seal Coats Modish flare design. Border and collar of Skunk or Beaver.	105.00	Hudson Seal Coats A full ripple coat, splendidly styled. Border of natural Skunk or Beaver.	135.00

Hudson Seal Model Coats

Remarkable Values

Trimmed with Best Quality Skunk or Battleship Grey Fox
Reduced to 175.00 and 225.00

Persian Lamb and Caracul Coats

Persian Lamb Coats Handsome models of carefully selected skins.	85.00	Caracul Coats Of specially chosen skins. Color of Caracul or Skunk.	59.50
Persian Lamb Coats Full flare model adapted from imported designs. Collar and border of Skunk or Black Lynx.	145.00	Caracul Coats 48-inch coats, with newest flare effect. Natural Skunk collar.	75.00

Fine Muffs and Scarfs

Handsome made up into the newest effects. These are splendid FUR pieces of exceptional character and not to be confused with ordinary furs.

Scarfs		Muffs
12.50	Red Fox	14.50
12.50	Black Fox	16.50
6.75	Dyed Skunk	15.00
4.75	Genuine Beaver	16.50
16.50	Natural Skunk	22.50
24.50	White Fox	35.00
35.00	Blue Fox	40.00
27.50	Cross Fox	30.00
6.00	Natural Raccoon	15.00
13.75	Natural Lynx	19.50
7.50	Hudson Seal	12.50
16.50	Black Lynx	24.00

ALL RUSSEK FURS ARE GUARANTEED AND EVERY MODEL IN THIS SALE IS AUTHENTIC. THE QUALITY OF EACH ARTICLE IS UNSURPASSED, AND THE WORKMANSHIP REPRESENTS THE HIGH MARK OF PERFECTION.

HOME GYMNASIUM FOR WOMEN
To Preserve Health, Strength and Figure
BY PAULINE FURLONG

Causes of Obesity.

Alcoholic liquors are forbidden in the obesity diet, for the reason that they are burned so readily in the body that they do not permit the fat in the foods eaten to be burned, so they accumulate in the system and cause excess fat.



Anemia or impoverished blood is another cause of obesity, as the reduction in the number of red corpuscles reduces the decomposition of fat through oxidation, and this leads it to accumulate. Many nourishing foods may be taken to correct this condition and still not produce fat. Raw eggs, salads, fruits and green vegetables contain the necessary elements to make good rich blood and should be eaten freely. Many of the gluten products are rich in protein and furnish great nourishment and material for the upbuilding of the body, without producing fat.

Proteids include the essential nitrogenous compounds for building and replacing the tissues of the body and form 16 per cent. of the weight of man.

Great care and intelligence should be exerted in choosing the proper foods in following the obesity course, as serious complications may arise if the body is poorly nourished. Foods containing all of the necessary elements for the healthy upkeep of the body should be chosen—those which create muscular strength, blood, skin, bone, tissue and all of the essentials of the system excepting fat, and it is a grave mistake to follow a starvation diet in order to lose flesh quickly. This method may cause you to take off weight, but the difference in your appearance and health will be such a disappointment to you that you will return to your accustomed diet of sweets and starches, thoroughly discouraged, before giving the real, health-building, non-fattening diet a chance to prove to you what it will be.

To-morrow I will tell you of my work with Mrs. A. St. James, the stout woman whose weight I am reducing by four weeks of diet and exercise.

dry and brittle and there was a deep scurf coming on my head, but now it is completely cured of the dryness and dandruff. My hair has an entirely different appearance. My husband was losing his hair very rapidly from dry dandruff and now the scalp is quite clean and the hair has stopped falling. We used the shaved and melted castile soap for shampooing and followed it with a slightly massage for five minutes with the liquid vaseline. Will you please tell me how to mix the alcohol and witch hazel to reduce large pores?
Use equal quantities of each and apply it on a perfectly clean face. Do not use any cold cream on the large pores, as this exaggerates the condition. Large pores show the skin to be too oily and over-stimulated.

DOUBLE CHIN—MRS. EDWIN K. asks: "How can I get the illustrated lessons for the double chin, which were published in September?"
Send me 15 cents and repeat your question.

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

TO GAIN WEIGHT—MILDRED writes: "Please mention some foods for one to eat in order to gain weight. Will you also print something more about Bernard McFadden's milk diet, and do you approve of it?"

To gain weight it is necessary to get plenty of rest and fresh out-door exercises. Deep breathing is one of the best exercises, and all of the others, if taken mildly and in moderation, will stimulate the circulation and the appetite as well. Drink fluids of all kinds if you would gain weight; breathe deeply and stop worrying. Raw eggs, nuts, cheese, potatoes, macaroni, rice, olive oil, cream, milk, grape juice, sweet butter, fat meats, malted milk, cocoa, thick soups, cereals with cream and sugar, dates, figs, fruits and bananas are some of the fattening foods.

The milk diet prescribed by Bernard McFadden in his booklet, "Gaining Weight," is as follows: "Beginning the first day take one-half pint tumbler of milk per hour. On the second day take one glass every three-quarters of an hour. On the third day take one glass every half hour. On the fourth day take from one to one and a half glasses every half hour according to desire. From four to eight or ten quarts of milk depending on the size and weight of the individual, must be taken daily. It is sometimes advantageous to take the milk hot at the beginning of the diet."

"The diet should be continued for at least ten days, and if the vitality is greatly depleted and in serious cases of emaciation the diet may be continued for six weeks or longer. Absolutely no other foods must be taken in connection with the milk, except lemons or oranges, should be used in cases where constipation is present. The milk must be sipped slowly and not gulped down. The milk will flush every vessel and organ in the body with life-giving nourishment, it will stimulate the circulation and impel the growth of new tissues, fairly building the body. Temporary flatness or bloating need not alarm those taking the milk diet, for the body will gradually accustom itself to the ingestion of the unusually great amount of liquid.

"In breaking the fast begin with the use of some acid fruit—orange, apple or grape juice—two or three times a day, and later include a few figs or dates. Or you may follow the milk diet for part of the day, consuming a glass of milk every half hour up until 1 o'clock, and then at 9 P. M. eating a wholesome, simple meal that your previous experience has proved agrees with you. Following the milk diet, it is advised to take up an uncooked diet for a time—salads, fruits, nuts, celery, figs, dates, etc."

ALUM SOLUTION—MRS. E. P. L. and many others ask: "Please tell me how to make the alum solution, to be used on the double chin after the exercises. Is it possible to get the double chin exercises?"

Send me ten cents and repeat your question and I will send you the double-chin exercises. They are movements which could be practiced at least twenty-five times each day and followed by an application of the cold alum solution, to harden the loose, flabby skin, after the fat has disappeared. Take two tablespoonfuls of powdered alum and pour over it one pint of hot water. Shake often and after twenty-four hours strain off clear part, and use very cold. Just pat in on the neck and chin and allow it to dry in.

REDUCE BREAST—MRS. LOTTIE R. asks: "Do you advise the use of belladonna plasters applied to the breast to reduce the breast, and also the belladonna salve, which is very disagreeable to use, as it is black and sticky? The plasters are best."

AGE TO EXERCISE—MRS. PANNIE F. writes: "I am fifty-three years old and am anxious to reduce. Am I too old to exercise?"
One is never too old to exercise.

LARGE PORES INTERESTED READERS writes: "I cannot help but be thankful to you for the benefits I have derived from following your advice in the paper. My hair was so

SEES PERIL IN STOPPING PHILIPPINE POLYGAMY

Gen. McIntyre Says Its Abolition Would Bring Bloodshed—Mark of Honor.

WASHINGTON, Dec. 16.—Brig. Gen. Frank McIntyre, Chief of the Bureau of Insular Affairs, told the Senate Philippines Committee yesterday that polygamy could not be prevented in the Philippines without great bloodshed, and recommended that a paragraph prohibiting plural marriages be

eliminated from the pending bill to give the Philippines a greater degree of self-government.
The General said polygamy was general among some of the tribes, the majority classes regarding it as a mark of high distinction. He suggested, instead, a paragraph providing that no law should ever be enacted permitting plural marriages, and that the practice eventually, for the purpose in the bill, be prohibited. He said that independence will be granted when the Filipino people are fitted for it. Gen. McIntyre advised the substitution of a provision of independence, when in the judgment of the United States it would be to the permanent interest of the people of the islands. The people of the islands, he said, had objected to being demoted, and he noted as even temporarily unfitted for independence.

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125th Street West
Beginning Friday, Open Evenings Until Christmas

Fancy Leather Gifts Moire and Silk Velvet Bags, with inside compartment and swinging mirror and fancy jeweled clasp. at \$1.95. Chiffon and Velvet Moire Bags; also pin seal and morocco, with inside fittings, at \$2.95. Men's and women's Traveling Cases; seal leather with ebony and white ivory fittings; leather lined, \$4.00 to \$13.50.	Gift Jewelry Solid Gold Lavallieres; set with baroque pearls and genuine cut diamonds, at \$3.50. Solid Gold Brooches; set with pearls and semi-precious stones, at \$1.50. Solid Gold Signet Rings; in Roman or rose gold finish; engraved free of charge, at \$2.50. Solid fitted convertible Watch Bracelets; fitted with 7-jeweled Swiss movement, on an extension bracelet; nickel plated, at \$1.50. Solid Gold Cuff Links; in plain Roman designs; engraved free of charge, at \$2.00. Solid Gold Scarf Pins; set with baroque pearls and genuine diamonds, \$3.75 to \$10.00.	Silverware as Xmas Gifts Colonial Tea Set, 5 pieces; quadruple plate; engraved free of charge, \$35.00. Others in 4 and 6 pieces, at \$5.95 to \$20.00. Sandwich plates; Sheffield plate on nickel silver, fancy pierced designs, at \$1.95.
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Sale of Pearl Handled Tableware
With Sterling Silver Ferrules
Cold Meat Forks, at \$2.25.
Berry Spoons, at \$2.69.
Raided Fork and Spoon, at \$5.95.
Steak Set, 2 pieces, at \$5.50.
Poultry Shears, at \$2.95.

Eastman Cameras & Kodaks
25% off
Regular List Prices
Main Floor.
H. C. F. KOCH & CO., Inc., 125th St., West.

B. Altman & Co.
FIFTH AVENUE - MADISON AVENUE
NEW YORK
Thirty-fourth Street
Thirty-fifth Street

A Sale of Men's Overcoats

Advantageous offerings for to-morrow and Saturday:

Fur-lined Overcoats of dark gray vicuna, lined with natural muskrat (selected skins) and finished with large beaver collar, \$58.00

Dress Overcoats of vicuna or melton materials, in black or Oxford gray; Chesterfield model, with velvet collar, and lined throughout with merveilleux silk . . . \$24.00

Men's Overcoats, in a new smart model (full back) made of soft-finished fabrics; yoke and sleeves satin-lined and seams piped with satin, making an exceptionally attractive garment, very specially priced at \$21.50

Men's Imported Sweaters, Scarfs and Caps

will be on sale at the same time in the following assortments:

Sweaters of soft brushed yarn in plain gray or heather mixtures, V-neck and two pockets, at \$5.75

Caps to match 1.25
Scarfs to match sweater and cap . . . 2.25

In the Colored Dress Goods Dep't

decided reductions have been made in prices of the remaining stock of Dress, Skirt and Coat lengths of this season's fabrics, which, to effect a speedy clearance, are now marked as follows:

Skirt or Coat Lengths, from \$2.00 to 6.00
Dress Lengths from 3.00 to 10.00

Men's House Slippers

will prove most acceptable gifts, the large variety carried in stock embracing comfortable styles, at very moderate prices. Featured for the holiday season are

Opera styles, in felt, kidskin or buckskin
Faust styles in felt or kidskin
Cavalier styles in felt; also in kidskin, lined with velvet.

In the Jewelry Section

a specially attractive offering for to-morrow will consist of

Circle Brooches of white enamel and pearls, set in sterling silver (gold finish) . . . \$1.35

Bar Pins of white enamel and pearls, set in sterling silver (gold finish) . . . \$1.00

Rhinestone Veil Clasps and Pins, set in sterling silver per set \$2.00

Circle Brooches of rhinestones, set in sterling silver \$1.75

Pompadour and Empire Fans, painted, or spangled effects \$2.50

Fancy Bags of black moire, or of black-and-gold or black-and-silver brocade, with jeweled clasp and lined with fancy silk; fitted with center compartment and mirror. . . \$4.50

Fancy Bags of black moire, silk-lined; fitted with purse and mirror \$3.00

Gifts of Interest

Mahogany Art Furniture:
Tea Wagons
Sewing Tables Telephone Tables
Cellarettes Serving Trays
at reasonable prices.
(Fourth Floor)

W. L. DOUGLAS
\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 SHOES
YOU CAN SAVE MONEY BY WEARING W. L. DOUGLAS SHOES
VALUE GUARANTEED

For 32 years W. L. Douglas name has stood for shoes of the highest standard of quality for the price. His name and the retail price stamped on the bottom guarantees full value and protects the wearer against high prices for inferior shoes. They are the best known shoes in the world.

W. L. Douglas shoes are made of the most carefully selected leathers, after the latest models, in a well-equipped factory at Brockton, Mass., under the direction and personal inspection of a most perfect organization and the highest paid skilled shoemakers; all working with an honest determination to make the best shoes in the world.

W. L. DOUGLAS \$4.00, \$4.50 and \$5.00 SHOES are just as good for style, fit and wear as other makes costing \$6 to \$8, the only perceptible difference is the price.

W. L. DOUGLAS \$3.00 and \$3.50 SHOES hold their shape, fit better and wear longer than other makes for the price.

None genuine unless W. L. Douglas name and the retail price is stamped on the bottom.

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93 Nassau Street.
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1452 Third Avenue.
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227th Third Ave., bet. 107th & 107th Sts.
847 Eighth Avenue.
250 West 125th Street.
JERSEY CITY—18 Newark Ave.
UNION HILL—276 Bergenline Av.
NEWARK—331 Broad Street.
PATERSON—192 Market Street.
TRENTON—101E State St. cor. Broad

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