

Twelfth Astec Victim.
It became known this morning that Joseph Anglin, who was injured in the explosion on the steamer Astec at Rubin's Dry Dock, Brooklyn, three weeks ago, died last Sunday in the Mary Family Hospital. This makes the twelfth victim. Anglin was twenty-five years old and lived at No. 458 Fifty-eighth Street.

Got Rid of My Corns With Magic "Gets-It"

Simplest Corn Cure in the World—No Pain, No Fuss. New, Sure Way.

When corns make you almost "die with their heels on," when you've socked them and picked them and sliced them, when you've scuffed and rubbed, and bled.



Why Have Corns At All When "Gets-It" Removes Them the New, Dead-Sure Way?

and chafers that make corns pop-eyed have only made your corns grow faster. You hold your heart a moment and figure this! Put two drops of "Gets-It" on the corn. It dries at once. You can put your shoe and stocking on right over it. The corn is doomed. It makes the corn come off clear and clean. It's the new, sure way. Nothing to stick or press on the corn. You can wear smaller shoes. You'll be a joy-walker. No pain, no trouble. Accept no substitutes.

"Gets-It" is sold by druggists everywhere. The bottle is sent direct by E. Lawrence & Co., Chicago, Ill. "Gets-It" is sold in New York by Hiker-Heerman.

Diet and Exercise Course

For Women to Reduce

In Weight and Figure

In Twenty-Four Daily Lessons Miss Furlong Presents to Her Readers the System of Diet and Exercise by Which She Recently Reduced the Weight of a 210-lb. Woman 23 lbs. in Four Weeks.



TO-DAY'S EXERCISE—ILLUSTRATED.

LESSON NO. 15.—Exercise to Reduce Hips and Thighs.
Back numbers of these lessons may be obtained by sending a 2-cent stamp to Miss Furlong for each lesson desired. Readers are invited to correspond with Miss Furlong, who will reply through the columns of The Evening World. She does not print correspondents' full names.

By Pauline Furlong.

Side leg raising is the exercise illustrated to-day, and it is another



one for the reduction of hips and thighs. This is an advance exercise and must not be overdone or practiced at all if it gives you the slightest strain to do so. Stand with the heels together, hands on the hips, and chest, head and shoulders held well back. Raise the right leg out sideways, about two feet from the ground and then return to the original starting position and relax thoroughly. Repeat the movement six times with the right leg and then do the same with the left. After you are more advanced in the movement raise the leg as high as you possibly can, and the final test of this exercise is when you are able to raise the leg until it is at right angles with the body.

There is not another exercise which will reduce the hips and thighs as quickly as this one, but as it is so difficult to perform it is advisable to practise the leg circling on the bed until you are able to do all of the other most difficult exercises with ease.

Judging from the letters I receive from interested readers, most all of them are taking the hot lemon water each day, a half hour before breakfast and I hope you will continue to do so. This simple practice does so much toward improving the appearance of the skin and toning up the stomach for the day.

TO-DAY'S MENUS.

Luncheon—Baked apple, broiled fish, gluten muffins and tea.
Dinner—Roast veal, mashed turnips, stewed tomatoes and stewed peaches, gluten bread.

HEALTH AND REDUCTION AIDS.

Each and every part of the body is dependent on some other part to help it to exist and perform the task set aside for it by nature, and the blood, through various arteries, is the distributing agent which carries the food to all parts of the body. The heart is similar to a great and powerful pumping machine, because it forces the blood through the system and sends it to the different parts of the body, which need it. These parts are the ones most frequently used and therefore call for the largest supply of blood, and when you do not indulge in regular and systematic exercises, to send a fresh and needed supply of blood to the unused muscles, the result will be a shrinking of them and an accumulation of inert tissue.

We all know that professional athletes have large, and many times overdeveloped, muscles. In certain parts of the body, to the detriment of others, and this is a grave mistake. Many brain workers suffer continually with cold hands and feet, and this is because the blood is drawn in greater quantity to the brain through the extra mental strain, leaving the lower parts of the body with an insufficient blood supply to feed the muscles in these parts.

The tendency of the blood to rush in increased quantity to the organs most exercised, brings it within the power of every woman to direct and dictate her own growth and development to a large extent.

Letters From Readers Who Are Following the Course.

FATTENING FOODS—MRS. LAWRENCE K. asks: "I have been following your wonderful course in the paper and have gradually taken off weight. I was much surprised to see you suggest turnips, onions, egg-plant and parsnips in the menus, as I have always heard that these vegetables are fattening. Will you please advise me?"

These vegetables, like many others, contain a very small percentage of fats, especially parsnips and onions, but as they also contain many necessary ingredients for building up the tissues, which are constantly broken down through the increased physical activity, they are necessary in the diet. The fat in them amounts to so little in the way of adding superfluous flesh that it is really too small to consider. I have repeatedly warned my readers that they must not starve in order to hasten the reduction, and it is not necessary to deny yourselves all of the good things in life.

VICHY AND KISSINGEN—MAUDE asks: "Sons of the Vichy

and Kissingen salts cost so much more than the others, is there a difference in the quality of them?"
I hardly think the quality is any different in the higher priced goods.

WANTS WEIGHT—M. R. SAKS:
"Please tell me what a woman five feet six should weigh and measure. I am thirty-five years old and weigh 147 pounds. I am fatter in the back and back of my neck. I am also too heavy below the waist line. I certainly enjoy reading your articles and try my best to follow them as near as possible. Do you consider freshly made tea harmful if taken at the end of a meal? Would it be all right to eat less and drink milk, or is it fattening? The rubber chin band seems to draw so. Will you please state in the paper if the linen or cotton ones would do as well?"

A woman five feet six inches high should weigh about 140 or 145. Weight, 62; fore arm, 19; upper arm, 11.1; neck, 12.5; chest, 28.4; bust, 37.6; waist, 27.9; hips, 28.2; thighs, 23; calf, 14.5; ankle, 8.4. All of the exercises which have been illustrated in this series will help you, and those for the back, neck and chin will be shown shortly. Freshly made tea will not harm you nor make fat unless you use cream and sugar with it. Milk is very fattening and should not be taken instead of food, if you are trying to reduce. The rubber chin strap causes profuse perspiration, which is

its chief benefit. Chin straps do prevent mouth breathing and thereby hold the muscles up, but exercises will hold them up permanently and restore the youthful contour to the face as nothing else can.

FRUIT AND MILK—MRS. EDITH H. SAKS: "Is fruit taken with milk harmful? We often see berries and other tart fruits served with milk. What effect has this on the digestion?"
Milk is curdled at once in the stomach by the hydrochloric acid of the gastric juice, and there is no reason why milk should not be taken with any acid which would be fit to take under any other circumstances.

WETTING THE HAIR—JOHN J. ASKS: "Do you think wetting the hair while taking the daily shower or plunge is harmful to it?"
I certainly do think so. This constant wetting robs the hair of its natural oils and does not give them sufficient time to lubricate the scalp and hair.

Several Hurt in Hall Smash.
CHICAGO, Jan. 26.—The Chicago Limited Express on the Erie Railroad ran into a freight engine in the yards yesterday, derailing the freight engine and smashing a vestibule. Several passengers were slightly bruised. There was an hour's delay while their injuries were being dressed.

PLOTTER CAUSED BLAST IN MUNITIONS FACTORY

Secret Service Seeks Spy Charged With Pouring Explosive in Powder Ingredients.

The Chalmers Varnish Company, which removed its plant from Schenectady to Babylon, L. I., a year ago, is deeply concerned over a small fire which occurred in their plant Monday, but not made public until yesterday.

The preparation was being poured into a tank when an explosion occurred. Only slight damage was done. Investigation revealed that a door leading to the tank had been pried open and that an explosive had been poured in. The facts were at once reported to the Government Secret Service Department and a strict watch is being kept.

The Chalmers Company recently shipped five cars of their preparation to the du Pont Powder Company. It is used in making powder.

BREAKS A COLD IN A FEW HOURS

"Pape's Cold Compound" is the Surest, Quickest Relief Known—It's Fine!

Relief comes instantly. A dose taken every two hours until three doses are taken will end gripe, misery and break up a severe cold, either in the head, chest, body or limbs. It promptly opens clogged-up nostrils and air passages in the head, stops nasty

discharge or nose running, relieves sick headache, dizziness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed-up! Quit blowing and snuffing! Ease your throbbing head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only 25 cents at any drug store. It acts without assistance, tastes nice, causes no inconvenience. Be sure you get the genuine. Don't accept something else "just as good." Insist on getting "Pape's Cold Compound" if you want to stop your cold quickly.—Adv't.

SUNDAY WORLD "WANTS" WORK MONDAY MORNING WONDERS

GIMBELS

Tomorrow—Second Day

Select your Furniture NOW! Complete preparation has been made for these

Four Days of Review

(Wednesday, Thursday, Friday, Saturday)

Four whole days for your leisurely inspection of the superb showing assembled for our Sixth Annual

February Sale of Furniture

"With Initiative"

OVER half a million dollars' worth of the finest Furniture in America, exemplifying not only the BEST that skill and money can produce in WORKMANSHIP, in DESIGN, and in FINISH, but featuring NEW and ORIGINAL tendencies in style and treatment. Here is a suggestion of the scope:—

- \$100,000 Worth of Library Furniture
- \$125,000 Worth of Dining Room Furniture
- \$150,000 Worth of Bedroom Furniture
- \$25,000 Worth of Office Furniture
- \$25,000 Worth of GIMBEL Bedding
- \$30,000 Worth of Novelty Furniture
- \$25,000 Worth of Mission Furniture

In short—a WEALTH of sound, solid, worthy, and PRACTICAL Furniture, offered at

Savings of \$5 to \$50 on Every \$100 Spent



Over-Stuffed Tapestry Covered Arm Chair, at \$45 from \$65.

B. Altman & Co.

Modish Spring Hats

In several new and distinctive styles, all effectively trimmed, will provide an interesting offering in the First Floor Millinery Department to-morrow, specially priced at

\$8.75 & \$13.50

These Hats are equally appropriate for Women and Misses.

An Important Clearing Sale of Silk and Crepe Blouses

to be commenced to-morrow (Thursday) will present a large assortment of most attractive models. These Blouses, all of which have been taken from the regular stock, will be offered at the greatly reduced prices of

\$3.00, \$5.00, \$7.75 & \$9.75

Fifth Avenue—Madison Avenue,

34th and 35th Streets New York

The May Manton Fashions



WHETHER the mother is on the outlook for a party frock or for a simple little model suited to afternoon occasions, this one will serve her purpose. As it is shown on the figure, it is adapted to parties. As it is shown in the small view, it can be utilized for cotton voile or cotton crepe, or for fine batiste or for challis or any similar material, and be adapted to everyday occasions. In the small view there is still another suggestion for making with high neck and long sleeves, so that a good many results can be obtained from this one model. The flounces are straight and they may be either plaited or gathered, for plaiting by machine does not require greater fulness than is shown in the gathered flounces of the season. There is a short skirt to which the lower flounce is attached and over which the upper one is arranged, and there is a little body lining that holds the full bodies perfectly in place. Since the edges of the flounces are straight they can be used for embroidery and other bordered materials. A very charming little dress could be made with almost no labor by using embroidered flounces for the straight flounces and for the short sleeves that are left free at their lower edges, while only the bodice is made of plain material.

For the 4 year size will be needed 2 1/2 yards of material 27 inches wide, 4 yards 36 or 3 yards 44, or 2 1/2 yards of flouncing 14 inches wide and 1/2 of a yard of plain material 36 inches wide. The pattern sheet is cut in sizes for children from 4 to 10 years of age.

No. 8948—(With Basting Line and Added Seam Allowance). Girl's Dress, 4 to 10 years.

How to Obtain These Patterns. BUREAU, Donald Building, 100 West Thirty-second Street (opposite Gimbel Bros.), corner Sixth Avenue and Thirty-second Street, New York, or sent 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.

VICHY AND KISSINGEN—MAUDE asks: "Sons of the Vichy