

Up 16,072 Feet in Airboat. PENNA. COLA, Pa., March 29.—Lieut. R. C. Saufley of the Navy Aeronautic Corps late yesterday established what naval station authorities declared to be a new world's altitude record for a hydroplane when he ascended 16,072 feet.

For That Run-down Condition so characteristic of Spring you will be benefited by a trial of **HOSTETTER'S Stomach Bitters** It is an excellent Tonic and Appetizer

SUPREME VICTORY SERVICE
A CASH PAYMENT OF \$5 or \$10 will place any Victory Bonds in your hands. Balance of 75 cents on terms to suit.
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22-Karat Gold Crowns, \$3 22-Karat My easy payment plan may interest you.
DR. FINCH
215 W. 42d St. Next door to Ives 10 Kenmare St. 2d Cor. above Grand
Open 9 to 7. Closed Sundays. LOOK for Electric Moving SIGNS

BROWN'S Bronchial TROCHES For Sore Throat
Relieve irritation and hoarseness, ease coughing, strengthen the voice.
FILL BOX 10c
fits purse or pocket—convenient to carry. These Troches may be taken as required. Contains nothing harmful. Other sizes 25c, 50c & \$1. At all druggists.
If your dealer cannot supply, we will mail you one upon receipt of price.

OBE SITY REDUCTION COURSE For Women
By Pauline Furlong
QUESTION AND ANSWER COLUMN
Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.

No. 11.—The Value of Relaxation.
The more advanced group of exercises shown in the past week should be taken with caution, even by those who are practised, as most of them are very severe and will cause strain if overdone. Remember to relax after each movement, as this is just as much a part of the exercise as the rest of it. It is most important for every woman to learn to relax, as it relieves the strain on the muscles and rests the body at the same time. Keep the knees rigid and the toes pointed down during each movement, and then relax completely after it; let go of every muscle of the body and rest absolutely for at least a few seconds. Deep and regular breathing should be practised, as usual, throughout the group.
It is not at all necessary to perform each and all of the exercises

"TIZ" FOR FEET

Instant Relief for Sore, Tired, Tender Feet; for Aching, Swollen, Calloused Feet and Corns



"Pull, Johnny, Pull! My sore, tired, swollen feet just ache for 'Tiz'!"
Your feet sick! Your feet feel tired, puffed up, chafed, aching, sweaty and they need "Tiz."
"Tiz" makes feet remarkably fresh and sore-proof. "Tiz" takes the pain and burn right out of corns, callouses and bunions. "Tiz" is the grandest foot-gladener the world has ever known. Get a 25-cent box of "Tiz" at any drug store and end foot torture for a whole year. Never have tired, aching, sweaty, smelly feet; your shoes will fit fine and you'll only wish you had tried "Tiz" sooner. Accept no substitute. Advt.

which have been shown each day, as most of them were given for beginners, who must limber up the unused muscles before they can master the more advanced ones which have been shown in the past week or so.
Choose those which are best suited for your individual needs according to the description of them, printed with them, and make it a daily habit to go through some of them at least ten minutes each day.

Letters From Readers.
TO GROW TALLER—J. K. N. asks: "Is it possible that exercises will make a man taller after he has reached the age of twenty-one years? I am following yours, with some of my friends, and we all find them beneficial as well as interesting."
Stretching and deep breathing exercises will make you grow taller. Swinging from the trapezium is one of the very best ones for this. I was informed by a very well known pugilist recently that he had gained an inch in height through the deep breathing exercises which force up and stretch the muscles of the diaphragm.

WEAK SPINE—MRS. EMERY K. asks: "Can you advise me of a few exercises which will strengthen the spine? I have a slight curvature and think I can cure and overcome it through persistent and regular exercises if they are chosen with intelligence and care."
All of the stretching, deep breathing and pole swinging exercises will help you to straighten and strengthen the spine. Of course it would be a better plan to consult a physician, or better still, an osteopath, before attempting any home treatment. Most important of all is to learn to stand and sit correctly, and if this practice is instilled in children many diseases and much suffering in after life would be avoided.

OLIVE OIL—MILDRED F. writes: "Should I continue to take the olive oil for gaining weight when it nauseates me? If so, all I can do to get it down, and harder still to keep it from coming up, but I have been very brave and continued to take it as I do want to gain weight, and am afraid to exercise because I will lose what little flesh I now have."
You are very wrong in thinking exercises will cause you to lose weight. They stimulate the circulation, heart action and appetite. If you eat fattening and nourishing food and exercise, you will gain weight much faster than if you do not take the exercises. Do not take olive oil or any other food if it nauseates you, but you can make it more palatable and easier to take by adding equal parts of fruit juice, orange, or preferably, sweet grape juice.

DRINKING WATER—MRS. ALEX C. writes: "I am very fat, but seem to crave water all the time. Is it absolutely necessary for me to stop drinking water in order to reduce weight, as it is positively a punishment for me to do so."
No, never stop drinking water, as it is very necessary to cleanse the system and purify the blood. Do not

drink with meals, but as much pure water between them as you care for.
HIVES—MRS. H. and others: The formula for hives is repeated to-day because we are all out of the number taking it. Take a pint of cold water and one-quarter pound of epsom salts, mix together and take a tablespoonful before breakfast and before retiring. Shake the bottle each time before using. This formula was sent to me by a reader who declares it is a safe and sure cure for hives.

WANTS WEIGHT—MARGARET R. writes: "I am 5 feet 6 inches tall. What should I weigh?"
One hundred and forty-one pounds.
HEART FLUTTERS WHEN EXERCISING—MRS. E. writes: "I have been following the reducing course, but I cannot do the exercises very long—not more than five minutes at a time because they make my heart beat too fast and seem to exhaust me so. Please name some other non-fattening bread other than graham, as I cannot eat it. I really see results even with the little exercise I am able to take each day and intend to keep at them and get stronger so that my heart will not flutter and I will not shake so and go all out of breath. What is good to rub on the fat at the back of the neck to reduce it? A friend of mine has reduced twenty pounds by practicing your course of exercises and diet and looks ten years younger. I am going to get her to write to you, as I think you deserve it. I have lines around the mouth and from the nose to the mouth. Should they be massaged toward the ears, or in what direction, please?"
Heart fluttering and short windedness, during the exercises, are the greatest proof in the world just how much you really need them. All exercises should be performed, of course after you have become strong enough to master the easy ones, with sufficient vigor to engage a large group of muscles, stimulate the action of the heart and lungs and thereby increase the circulation and respiration. Stronger so that my heart will not flutter and I will not shake so and go all out of breath. What is good to rub on the fat at the back of the neck to reduce it? A friend of mine has reduced twenty pounds by practicing your course of exercises and diet and looks ten years younger. I am going to get her to write to you, as I think you deserve it. I have lines around the mouth and from the nose to the mouth. Should they be massaged toward the ears, or in what direction, please?"

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Also fine Milans in all colors and a variety of shapes.
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A large assortment in tailored and dress models.
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Boys' Two Trousers Suits, \$3.95
Norfolk suits, cheviot and tweed mixtures; both pair of trousers lined throughout; new three piece suit model; sizes 9 to 17 years.
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Full regular made, list upper, in black, white, and a large assortment of new spring shades, including three shades of gray, bronze and champagne.
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1,000 pairs of high and low shoes, including pumps, Coloniads and lace shoes, button shoes, welt and turn shoes; gray, white, black and combination effects.
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Infants' Socks, 25c
First offering of infants' Silk Lisle Socks, in a large assortment of fancy turnover cut tops; sizes 4 to 9.
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Charming Silk Blouses, \$2.98
In flesh, white and black crepe de chine, striped, two silks, tailored models in black and white Jap silk; one pretty new model is of flesh chiffon, with deep fancy trim.
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Lingerie Blouses, \$1.00
Voiles, embroidered or plain; others with colored stripes, trimmed with dainty laces and embroidery combined.
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Boys' Trousers, 49c
Durable cheviot and tweed mixtures; sizes 4 to 17 years.
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Twelve models; in crepe de chine, taffeta, crepe meteor and serge; all the new Spring shades.
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For the hard-to-fit Girl of 12 to 16
Extra quality, in navy blue serge and checks; silk lined and trimmed; full belted skirts.
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Full length serge and check coats in loose belted model, collars and cuffs of silk in contrasting colors; sizes 6 to 14 years.
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