



**CYCLONE NAMED MURPHY.**

The Hearty Wrecks Police Station After Charging German Alliance. Her name is Sarah Murphy and she lives "somewhere in America," according to her statement last night just before she started to wreck the East Thirty-fifth Street Police Station. She broke six window panes, smashed several instants and over-erred the telephone connections. As Lieut. Elbert was registering her she bent a telephone instrument over his occupant. Patrolman Zellera found Mrs. Murphy creating a disturbance at Thirty-fourth Street and Third Avenue. When he remonstrated she accused him of being in cahoots with the Kaiser, who, she said, instigated the Irish uprising.

**Obesity Reduction Course For Women**

**QUESTION AND ANSWER COLUMN**

By Pauline Furlong

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.



**The Advanced Exercises.**

The exercises which are now being illustrated in the obesity charts are ones which need power of concentration to master them if best results are to be obtained from them, because they combine movements for all parts of the body and bring into play numerous unused muscles.

These exercises are for advanced pupils and should be practised with care by beginners, if at all.

The shoulder and arm exercises are very necessary for those who are desirous of removing the rolls of fat at the shoulder blades and reducing flabby upperarm, and when they are practised, in conjunction with the lower body movements, they really serve a twofold purpose in accomplishing twice the amount of work in half the time usually allowed for the exercises.

These movements also quicken the circulation in all parts of the body, which aids materially in dissolving inert tissue in a much shorter space of time than if all the attention were centred on one particular part.

**Letters from Readers.**

MRS. E. P.—Please send address for charts. Thirty-four cents has been received for same, but no address was enclosed.

FLABBY SKIN—MRS. J. D. C. writes: "Please tell me what to do for flabby skin in face and neck. My face is quite full but skin is soft and not firm. I have been wearing the chin supporters, but it seems to me that the same has a tendency to weaken the muscles under the chin. Do you think such a thing is possible? What shall I do to make these muscles more firm? Is spirits of camphor good to put on the neck and chin?"

Bathe the face, chin and neck in very cold water often. Do not use hot water at any time. Use ice on the face when convenient. Apply witch hazel on a puff of cotton wool. This will help to make the skin firm and smooth. Do not use camphor spirits on the face, neck or chin. The chin strap really holds up the muscles and supports them. It cannot possibly do otherwise, as the face has a natural tendency to sag and the strap prevents this. Bend the head backward, forward and from side to side twenty-five times each way every day to strengthen the sagging muscles. Thrusting the lower jaw and teeth forward also helps to strengthen the muscles of the chin.

EPSON SALTS BATHS—MRS. P. L. M. asks: "Will epsom salts and bicarbonate of soda reduce other parts of the body than the breast? In regards to salads, just what kind do you mean? I understand that no oil is to be used on them or allowed in the diet. Why do I awaken so tired in the morning when I sleep with windows wide open and do not keep late hours or take any kind of intoxicating liquors? I am 5 feet 7 inches tall. What should I weigh and measure?"

Epsom salts and bicarbonate of soda are not at all necessary in the bath. The very hot water will probably answer the purpose just as well. The object of the hot epsom salts bath is, of course, to open pores and induce perspiration. Vegetable and fruit salads should be eaten with boiled dressing, if any is used on them. This is made from eggs and vinegar and recipe will be found in any good book. Lowered vitality, constipation, poor circulation and late suppers may make you feel heavy and tired in the morning. You should weigh about 145 pounds, bust 33.5, waist 27.1, hips 39.4, thighs 23.4, calf 14.8.

PERSPICUOUS HANDS—F. J. D. writes: "Please print a remedy for sweaty hands. Everything delicate I touch gets soiled from my hands being always wet. Nervousness usually causes perspiring hands. Use the following mixture as often as possible: Alcohol one ounce, belladonna one-half ounce.

BACK NUMBERS FOR REDUCING—M. MacD asks: "Will you please tell me how much to send for the back numbers for reducing? I am only nineteen years old and weigh 160 pounds, and want to lose at least thirty of it if possible." Send me your measurements and 24 cents and I will send you the exercises you need most, also diet list. You do not need all of the charts. Please repeat your query.

DARK CIRCLES, SALLOW SKIN AND THIN—JEAN S. writes: "At

**W. L. DOUGLAS SHOES FOR MEN WOMEN & BOYS**



Good materials, good workmanship and good fitting models are the distinguishing features of W. L. Douglas shoes. You will find these combined in W. L. DOUGLAS SHOES. \$1.00 to \$5.00 for Men \$1.00 to \$3.00 for Women \$1.00 to \$2.00 for Boys

a young girl, 5 feet 6 inches, and weigh 135 pounds. My chest is flat and I am ashamed to wear a low-necked gown. My face is thin, and I have dark circles and sallow, muddy complexion. I have been to the doctor, but he does not seem to help me any. I am going to the country soon to recuperate, and I hope you can advise me what to do while I am away to improve my health and appearance.

All of the symptoms you mention point to one fact—lowered vitality and run-down condition. By all means go to the country and live in the open air and sunshine as much as you possibly can. Take hot water before every meal to help clear the sallow skin and also deep breathing exercises several times a day. Make them a habit, as they will soon bring the color to your cheeks and lips. Take much pure milk, raw eggs, fresh vegetables and grape juice. Get plenty of rest to remove the dark circles from under the eyes. Practice the chest raising, from the wall, for beginners twenty-five times twice each day, to build up the flat, hollow chest and bust. Use much cold water on the breast.

BLUSHING—MRS. B. F. writes: "I have a bad habit of getting very red in the face when talking to any one. What can I do to overcome this? What is best to remove warts from the back of the hands? I am so grateful to you for the health course because I am an entirely different person in appearance and general health since following it." Bad nerves and self-consciousness cause you to blush. Cultivate a calm mind and do not allow your thoughts to dwell on yourself. Try to pay strict attention to the person to

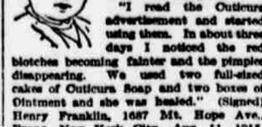
whom you are speaking. Forget yourself entirely and you will not get red in the face and blush. Warts may be removed by the electric needle or you may touch them with a stick of lunar caustic, dipped in water. They will turn black and drop off.

**SMALL PIMPLES ON BABY'S FACE**

And Body. In Red Blotches. Always Scratching Sore Parts. Made Her Very Cross and Restless.

**HEALED BY CUTICURA SOAP AND OINTMENT**

"My baby's face and body were very red in blotches and showed very small pimples. The skin was inflamed and baby was always scratching the sore parts which made her very cross and restless, waking us up at all times during the night. Her face and body were disfigured."



blotches becoming fainter and the pimples disappearing. We used two full-sized cakes of Cuticura Soap and two boxes of Ointment and she was healed." (Signed) Henry Franklin, 1687 Mt. Hope Ave., Bronx, New York City, Aug. 11, 1915.

**Sample Each Free by Mail**

With 25¢ in Cash Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

All lost or found articles advertised in The World will be listed at The World's International Bureau, Pulitzer Building, Herald Square, New York. World's Uptown Office, northwest corner 25th St. and Broadway. World's Easttown Office, 158 West 125th St., and World's Brooklyn Office, 202 Washington St., Brooklyn, for 30 days following the printing of the advertisement.

**KOCH & CO. INC.**  
Established 1890  
125th Street, West  
10,000 Yards of  
**Anderson's Ivanhoe Gingham**  
Very Special **15c** yard  
The latest stripes, checks, plaids and solid colors.  
\$1.25 and \$1.50 All Wool  
**French Serge**  
Extra Big Value **92c** yard  
48 and 54 inch wide, beautiful soft finish, navy and black; guaranteed fast dye.  
Second Floor.  
For Wednesday Only  
4.6x7.6 Newtex Fibre Rugs, \$2.79  
Sunfast and washable, plain centres, fancy borders  
50c Ringwalt's "New Process" Linoleum . . . 39c sq.  
Parquet floor and tile designs. Fourth Floor.

**J. BAUMANN & BRO**  
AT 84 ST. & 3 AV.  
Open Saturdays Until 10 P. M.  
We Close Evenings at 6 o'Clock  
Our Liberal Credit Terms Apply Also to Long Island, New Jersey and Connecticut  
**ONE DOLLAR A WEEK OPENS AN ACCOUNT**  
Special This Week—Alex Smith Alpine **\$16.98**  
AXMINSTER Rugs, 9x12  
Mahogany finished frames, handsomely carved; polished wood seats, with loose cushions. Frame Mahogany; can be used with or without cushions. \$27.98  
3 Rooms Completely Furnished, \$75  
4 Rooms Completely Furnished, \$125  
5 Rooms Completely Furnished, \$150  
WE PAY FREIGHT AND RAILROAD FARE.  
**3' AVE. COR. 84<sup>TH</sup> ST.**

**IN WANAMAKERS NEW YORK**  
**New Down-Stairs Store**  
No matter how low the prices in the Down-Stairs Store there are no pretenses of any kind—no masquerading of one material for another (not cottons under the guise of linen or wool or silk); no sweat-shop work; no "seconds" except those which will give satisfaction, and then they are plainly marked "seconds" on the ticket; no job-lots, mill-ends nor riff-raff; nothing made to sell cheap without proper quality.  
**3,000 Lengths of Double-Width Silks In a Remnant Sale at 95c Yard**  
This is the Down-Stairs Store's first silk remnant sale. It is a very unusual one because silks of this quality cost as much at wholesale today. Several thousand yards have accumulated here since the opening of the New Down-Stairs Store a little over two weeks ago. Many thousand yards have been specially purchased—all will be offered in waist and dress lengths at one clearaway price—95c yard.  
1,000 yards Tub Silks, our \$1.50 grade—in many striped patterns for women's shirtwaists or dresses. 95c yard.  
1,000 yards Checked Taffeta, our \$2 grade—checks in conservative color combinations; navy blue, copenhagen blue, green and brown predominating. 95c yard.  
1,000 yards Foulards, our \$2 grade—printed floral designs; plenty of navy blue and black; also green, copenhagen, brown and tan. 95c yard.  
1,000 yards Black Silks, our \$1.50 to \$3 grades—satins, taffetas, peau de cygne, poplin, faille, pongee, foulards, silk-and-wool moires—silks for every use. 95c yard.  
1,000 yards Pongees, our \$1.85 grade—in natural color only; for cool Summer shirtwaists and outing dresses. 95c yard.  
500 yards Plain Taffeta, our \$1.85 grade—navy blue and black; one of the most popular Summer silks. 95c yard.  
300 yards Embroidered Taffetas, our \$4.50 grade—enough for about 60 dress-lengths. These will surely go out quickly. Embroidered in gold and white on black and navy blue taffeta. 95c yard.  
Miscellaneous Silks—about 2,000 yards of our \$2 grade—representing all kinds of Summer silk. 95c yard.  
**Women's Dresses of Japanese Silk**  
There is nothing more comfortable or more serviceable at this season of the year than a Japanese silk dress. From \$6.75 to \$10 we have four very becoming models, in black, navy blue, or white. Sizes 34 to 42.  
At \$6.75, there is an attractive simple dress with a plain skirt, the blouse closing in a surplus effect.  
A cape collar, with a white lawn over-collar, is a feature of a \$7.50 dress. This dress has slightly bell-shaped cuffs and corded waistline.  
Two models at \$10, one with a long tunic (shown in illustration) and a collar with button-trimmed revers. The other is made with a coat effect, the skirt trimmed with two groups of cording; white silk collar.  
**Summer Cotton Voiles, 25c Yard**  
Neat woven stripes, coin dots, plaid effects and corded patterns on white and pongee grounds. 36 inches wide. An unusual showing at 25c yd.  
**Ribbons, 25c Yard**  
A little special purchase of Dresden and Roman striped ribbons; variety of colors; for trimming hats, for hair bows and sashes.  
**Women's Union Suits, 65c**  
These are "seconds," but the imperfections are very slight.  
Of fine mercerized yarn Swiss ribbed in tight knee style, silk ribbon at neck.  
**Lisle Undervests, 25c**  
Some plain, others with fancy tops, both round and V-neck. In this group at 25c there are some "seconds."  
Subway at Astor Place  
**The John Wanamaker Store**  
Broadway at Ninth, New York

**Hand-Embroidered Collars, 50c**  
These are out of the ordinary for the money. Of pique, voile, Georgette crepe and linene, some hand-embroidered, others with a real chunky, or Irish picot edging.  
**Single-Thread Veilings, 12c Yd.**  
Women buy four or five lengths at a time, to have on hand. In black, brown, navy or taupe, 12c yard.  
**Leather Belts for Women, 50c**  
Many kinds—white kid with black binding; white kid with fancy binding; white kid with brocaded lining; patent leather with white kid trimming or black with patent leather trimming.  
Children's belts of patent leather—black, white and colors, 25c and 60c.  
**Misses' Marabou-Trimmed Coats**  
Marabou-trimmed coats of charmeuse and faille silk are light enough to be worn all Summer and practical, too, for almost any occasion.  
We shall make a special showing of these Wednesday in the Misses' Store at \$19.75.  
Two styles—one with large square collar; rose, copenhagen, black, green, sand, navy. (One is pictured.)  
**Graduation Dresses**  
Simple and attractive dresses of white net.  
Two styles—one with ruffles on skirt; the other with pleated skirt, both are ribbon trimmed. Sizes 14 to 20. Only \$10.  
**Mercerized Cotton Table Cloths**  
At the price, this mercerized cotton damask will give better service than a poor grade of linen.  
Round tablecloth, scalloped, 55-inch diameter, in polka dot and other designs, 75c each.  
Square tablecloth, hemstitched, 55-inch size, 75c each.  
**Brevettes**  
**Tub Silk Petticoats with wide circular flounces and peraline underlay, \$1.95.**  
**Taffeta Petticoats in black and changeable colors, pleated flounce and two ruffles, \$2.50.**  
**Rosebud Trimmings for Summer underclothes—pink or rose color buds on bands of net, 85c yard.**  
**Moire Ribbons for Hair bows, 5 inches wide, in all colors, 19c yard.**  
**All-linen Handkerchiefs**  
White, with pink, light blue or lavender edging, 5c each. These can be used for children, and are desirable as a medium-sized handkerchief for women.

**Franklin Simon & Co.**  
Fifth Avenue, 37th and 38th Sts.  
**Summer Corsets**  
For Women and Misses  
New models made of light weight, cool materials and especially designed to fulfill every requisite of style, fit and comfort.  
**Summer Dancing Corsets**  
Made of sauge, the new open-mesh pink material  
Very light weight and cool for summer, elastic band half way across the low top, curved waist, trimmed with satin ribbon and fancy stitching.  
**3.50**  
**"Parfait" Riding Corsets**  
Elastic girdle top, lower part of Tricot  
Lightly boned throughout, short skirt.  
**5.75**  
**"Parfait" Athletic Corsets**  
Of pink or white Tricot  
Two bands of elastic form girdle top, short skirt, lightly boned.  
**3.50**  
**"Parfait" Summer Corsets**  
For dress or general wear, of Tricot-and-batiste  
Top of white Tricot with lower part of batiste, medium low top and medium length skirt.  
**5.00**  
**Rubber Bathing Corsets**  
Of white rubber sheeting  
Medium low top, embroidery trimmed, short skirt.  
**1.50**  
**Women's Brassieres**  
White net or net combined with lace  
Dress, tailored or sport models, with and without dress shields; some have cap sleeves of net.  
**.85 to 6.75**

**Help in the Good Work of the American Red Cross**  
During the month of May applications for membership may be signed at this Shop. Dues \$1.00 a year.

**Annual Clearance Sale**  
The Famous  
**Mme. Irène Corsets**  
TO-DAY AND BALANCE OF THE WEEK.  
The latest styles and newest designs made of high grade fabrics that we are discontinuing, also samples of our Wholesale Department.  
We offer them at these phenomenally low prices:  
\$6.00 to \$7.00 CORSETS 3.00 and 3.50  
\$8.00 to \$10.00 " 4.00 and 4.50  
\$10.00 to \$12.00 " 5.00  
\$12.00 to \$14.00 " 6.00  
\$16.00 to \$30.00 " 8.00 10.00 and 12.00  
Every Corset Carefully Fitted. All Sizes.  
Latest styles in Tricot and Elastic Corsets, also Tricotine and Hand-made Soutien-Gorges.  
Positively No Goods Sent on Approval, Credited or Exchanged.  
**518 Fifth Ave., Bet. 43d and 44th Sts.**