

Evening World's Figure Improvement Contest

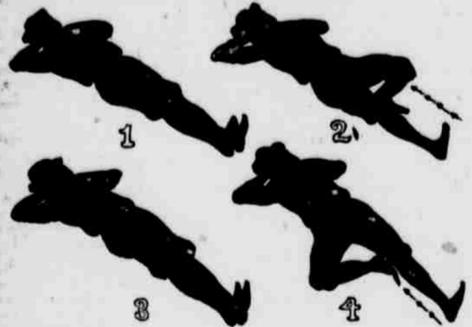
Diet and Exercise Lessons in New Courses for Stout Women Who Wish to Reduce and Thin Women Who Desire to Develop Their Figures.

Conducted by Pauline Furlong.

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REDUCING EXERCISE—No. 2.

See Description in To-Day's Lesson.



Reducing Course. Lesson II.

ANOTHER mat exercise, for beginners, is illustrated to-day and this one is hardly more advanced than the one shown in the first lesson.

To-day's exercise is also for the lower portion of the body and trunk muscles and improves the health, through stimulating the digestive and eliminative organs.

TO-DAY'S EXERCISE.

TAKE your position flat on your back, legs extended and together, hands folded behind the head, so that you can watch and control the movements of the legs.

Proceed with this exercise bend the right leg at the knee, out sideways, and drag the left foot along the floor, bringing it up until the sole of the foot touches the inner side of the calf of the right leg.

TO-DAY'S MENU SUGGESTION. LUNCHEON or breakfast—Grapefruit, boiled salt mackerel, graham toast, black coffee.

HEALTH AND REDUCTION AIDS.

THE reason so many people who try to reduce lose their healthy color and become haggard and worn looking is because they do not take the proper precautions to guard their health and renew the worn-out tissues, which are torn down through exercises, with new and proper material for the upkeep of the body.

If the exercises which I am giving each day are followed just as they are outlined by me, and no attempt is made by beginners to try out more difficult movements, the muscles will gradually become elastic and pliable, as nature intended they should be, and so difficulty will be found in performing the more advanced ones later.

I am in hopes that my readers will remember at all times the great benefit to be derived from following my exercises, and when you have the time take them by an open window each morning for at least twenty-five minutes. Do not stand in a draught, and wear a warm bathrobe and slippers. While walking, or otherwise in the open air, make deep breathing a habit and stand and walk with the head and chest well up,

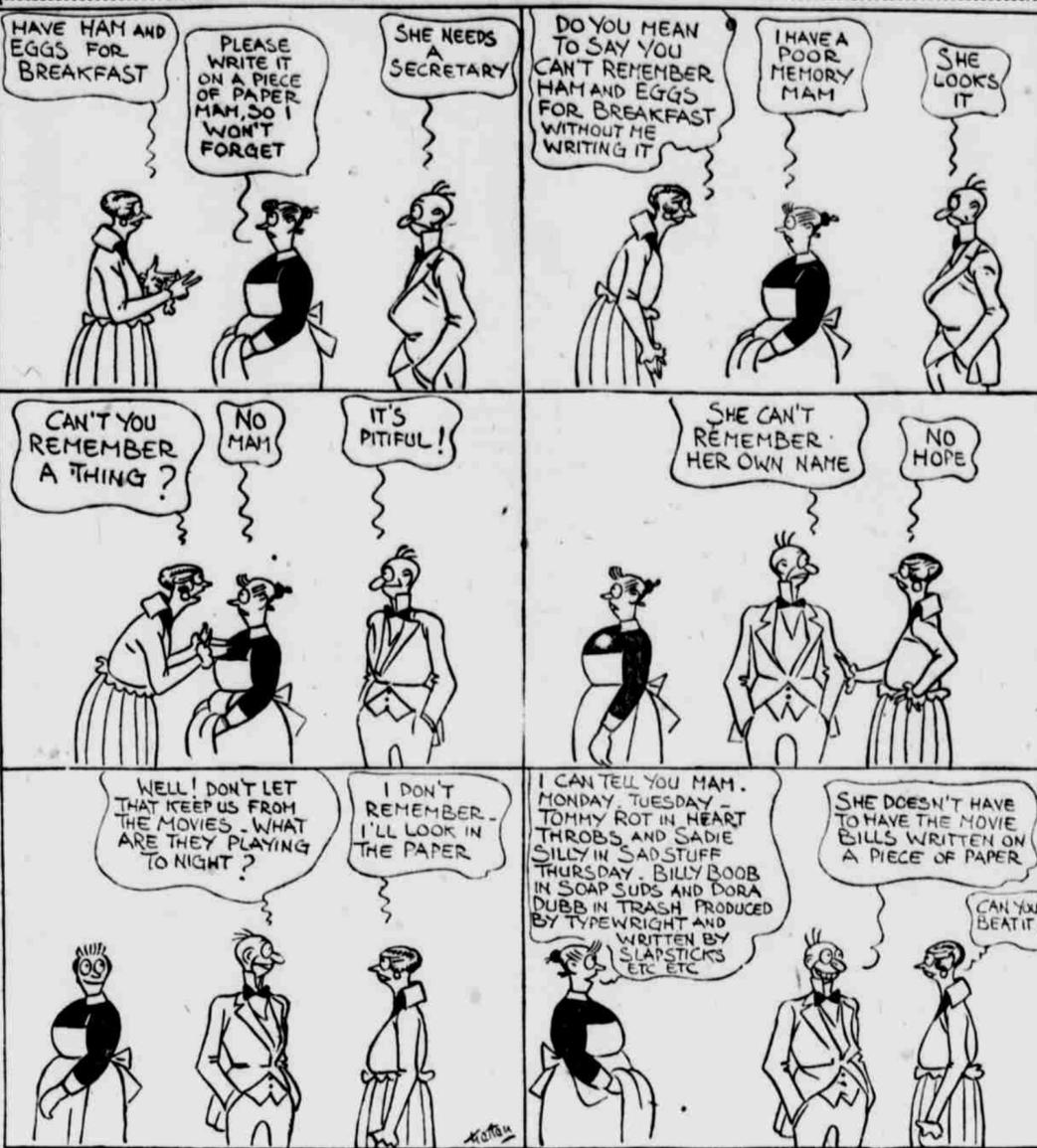
A class of six stout women who wish to reduce their weight and one of six thin women who desire to gain weight, for eight weeks are competing for two prizes of \$50 each, to be awarded the woman in each class who accomplishes the greatest improvement in her figure.

which improves health, figure, carriage and also helps banish the double chin. A tepid or cold shower should be taken in the morning, after the exercises, and those followed by a rub-down with alcohol, by those who can spare the time.

Can You Beat It!

Copyright, 1916, by The Press Publishing Co. (The New York Evening World).

By Maurice Ketten



Original Designs for The Home Dressmaker

Advice in the Selection of Materials and Styles for All Types Furnished by The Evening World's Expert.

By Mildred Lodewick

THE finding of ready-made clothes which are becoming and well-fitting is more of a problem to the stout woman than the slim one, so that home dressmaking with the former becomes as much a matter of necessity as economy.

Just so any conspicuous length-wise trimming on the waist, although good for a short-waisted person, would not do for the short-limbed person, no matter how stout she might be in the waist.



AFTERNOON FROCK OF TWO MATERIALS. SUITABLE FOR STOUT FIGURE.

Plain silk combined with stripes or plaid silk—the latter on the bias, for back of bodice and tunic also would achieve a pretty effect. Dark blue serge could be combined with blue silk plaided in green and dark red, and dark red velvet ribbon would look well pulled through the slits in the front of the waist, and dropped in back from under buckles at the belt line.

THE DEATH THOUGHT

Craig Kennedy at His Best—Begin it To-Day

By Arthur B. Reeve

BEST NOVELS PUBLISHED COMPLETE ON THIS PAGE EVERY TWO WEEKS.

CHAPTER IV. The Still Hunt. He hurried to the undertaker's. As Kennedy turned the body of the man over, there on the back of the neck one could see a huge red blotch.

CHAPTER V. The Psychic. It was still early in the evening when Kennedy made his discovery of the strange death of Pennington Tyler.

At last our turn came. A young lady, trimly dressed, with a handsome face that even the enamel on her countenance did not spoil, conducted us silently in the general direction of the presence of Altergo.

Water," he asked, "be so kind as to go across the street to that tobacco store I see over there, and get several sheets of tinfoil." Carefully Craig wrapped up the collar and tie in the tinfoil, and placed them gingerly in his pocket.

"I think we are on the trail now at last," he remarked. "Let us hurry to the laboratory. I don't want to carry this stuff with me any longer than I have to. I'll put it in a glass jar, and then at my leisure I can see whether my suspicions are correct.

At last our turn came. A young lady, trimly dressed, with a handsome face that even the enamel on her countenance did not spoil, conducted us silently in the general direction of the presence of Altergo.

On the floor, covering the centre of the room was a large, thick rug, like those in the reception room and the runners down the hall. At one side was a long library table, with three or four chairs about it.

Confident that we were already observed, Kennedy ordered the taxicab driver to wait for us, on the theory, I suppose, that every bit of extravagance helped to create a good impression. The door opened to us at once, and Craig glided took advantage of the coaching of Mrs. McNeill to gain entrance.

The room into which we were admitted proved to be merely a waiting room, yet was sufficiently weird and impressive to give the right impetus to any wavering mind. Several people were already there, all of them, it appeared, by appointment. The house was elegantly furnished. The lights in richly wrought chandeliers burned

pink and yellow and in nearly every other color in the hall, the reception room, and wherever we caught a glimpse. Mahogany showed everywhere, plain and carved. Our feet sank almost ankle-deep in heavy rugs. A cozy Oriental divan nestled in one corner, and deep chairs and cushions invited repose.

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black disk, a small dry battery and what looked like a flat coil of wire. He placed the disk back of the books, with the battery and the flat coil of wire, which he was careful to lay horizontally. Then he closed the door softly, crossed the floor and resumed his writing.

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Answers to Queries

Will you please suggest a style to make my suit skirt (dark green wool velour), and also a becoming blouse to wear with it. Am twenty-four years of age, rather stout through the bust and weigh 135 lbs.

WOMAN WEAK, DIZZY, NERVOUS

Health Restored by Lydia E. Pinkham's Vegetable Compound.

Jamaica, N. Y.—"I suffered greatly with my head and with backache, was weak, dizzy, nervous, with hot flashes and felt very miserable, as I was irregular for two years. One day when I was feeling unusually bad, my sister-in-law came in and said, 'I wish you would try Lydia E. Pinkham's Compound.' So I began taking it and I am now in good health and am cured. I took the Compound three times a day after meals, and on retiring at night. I always keep a bottle in the house."—Mrs. L. N. BURNHAM, 35 Globe Ave., Jamaica, N. Y.

If you need a medicine for Women's Ailments, try Lydia E. Pinkham's Vegetable Compound. Write Lydia E. Pinkham's Medicine Co. confident that you need to know about these troubles.—Adv't.

HANDICAPPED By Jackson Gregory The Story of a Tenderfoot Who Made Good Begins in The Evening World Oct. 30