

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.

DEVELOPING EXERCISE—NO. VII.

For Description Read To-Day's Lesson

FIRST POSITION

SECOND POSITION



Developing Course.

LESSON VII.

MOST persons who are slender have some interal disturbances which prevent them from properly assimilating the food they eat.

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.

TAKE your position on the knees and hands keeping the hands about one foot from the knees.

TO DEVELOP—L. W. Of course I will advise you to "take something in order to gain weight, but it will be gentle, systematic exercise and polishing food such as are given in this lesson.

MISS WOOD—Please repeat your query. The reason I do not always answer certain questions to each reader is because, probably, the answer has been printed many times before.

FATTENING DISHES—EDITH W. Gelatine is allowed, also onions, radishes and celery.

SUGGESTED MENU. TWO glasses water before breakfast.

HEALTH AND DEVELOPING AIDS. WILL three meals a day are suggested to thin readers, they are not by any means necessary in order to gain weight.

Answers to Queries. DRY HAIR—POLLY T. Use castile soap and not tar soap on the dry scalp and gentle massage with very little olive oil.

DOUBLE CHIN—NELLIE R. Double chin exercises will be illustrated later. Head bending, stretching and twisting, at least twenty times each night, will help reduce it.

EXERCISES FOR RHEUMATISM—LIFE Long swinging and "ceiling" should benefit this condition in the hips and, of course, careful diet and attention to the body's waste matter is also important.

TO REDUCE WEIGHT—MRS. KATE R. For five feet four you should weigh 125 to 130 pounds.

HEART TROUBLE—MRS. F. R. G. Stretching and deep breathing, also mild walking, are about the only exercises you can safely take.

HANDICAPPED

Alone in the Big West, a Tenderfoot Finds Himself and Makes Good

By Jackson Gregory

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

Copyright, 1916, by the Frank A. Munsey Co. SYNOPSIS OF PRECEDING CHAPTERS.

CHAPTER V. (Continued) FRIEND of the old man's or no friend?" blustered Braxley, his eyes again on Coniston's.

CHAPTER VI. ONE day Coniston and Lonesome Pete rode together. Lonesome Pete was deep in a book and Coniston asked him the question he had been upon the verge of asking many times.

CHAPTER VII. CONNISTON worked hard next day, all day, until long after the red sun had gone down.

red handkerchief. Whipping the handkerchief from the cardboard, he held out to Coniston's gaze the picture it concealed.

CHAPTER VIII. Coniston remained non-committal. Lonesome Pete, who with a long, worshipping glance, rested it in its wrapping to his vest pocket.

CHAPTER IX. Coniston could not hear what she was saying, but Braxley's heavier voice came to him distinctly.

house for her. "An' take your own horse along. She wants you to go with her."

CHAPTER X. Coniston felt his face go red. Bitingly back the words which first sprang to his lips, he said lightly:

CHAPTER XI. Coniston could not hear what she was saying, but Braxley's heavier voice came to him distinctly.

some Pete had brought me news, and Toothy, and even your friend Braxley. Do you know?"

CHAPTER XII. Coniston felt his face go red. Bitingly back the words which first sprang to his lips, he said lightly:

CHAPTER XIII. Coniston could not hear what she was saying, but Braxley's heavier voice came to him distinctly.

off the hatlessness which has clung to him ever since he was born.

CHAPTER XIV. Coniston worked hard next day, all day, until long after the red sun had gone down.

CHAPTER XV. Coniston could not hear what she was saying, but Braxley's heavier voice came to him distinctly.

Why Don't Men Propose? What Are the Reasons for The 1916 Husband Famine?

Are Modern Girls Hitching the Wagons of Their Matrimonial Hopes to Stars When They Should Be Content With Haltering Some Percheron Pegasus?

By Nixola Greeley-Smith.

Considering the husband famine of 1916 which many young women admit in letters to The Evening World and more young men justify there are three questions to be considered.

For years I have found a certain pathos in the willingness of men to be harassed if only a fitting mate can be found.

I have watched many romances bud, bloom and ripen and wither, some regular, some offshoots of the "new morality."

But let Helmer try that little trick and immediately the courts of justice and the District Attorney's office, and if necessary the Police Department, get busy to drive him back to home and family and the grocer's bill.

I have met hundreds of young girls in the past ten years, all of them "nice" girls, and have come to the conclusion that the average young woman of to-day is well educated, the most cultured and well trained in special subjects.

THE GIRLS' FAULT, NOT THE MEN'S, SAYS "AJAX." Dear Miss Greeley-Smith: Received a thorough education in good schools, including physical training in all branches, as well as training in special subjects.

CHAPTER VII. CONNISTON worked hard next day, all day, until long after the red sun had gone down.

CHAPTER VIII. Coniston worked hard next day, all day, until long after the red sun had gone down.

CHAPTER IX. Coniston worked hard next day, all day, until long after the red sun had gone down.

THE BRASS CHECK - By George Allan England

A Modern Mystery Story With a Real Plot Begins in The Evening World Nov. 13