

SINCE time immemorial there have been petite women who longed to become taller. Another excellent stretching exercise is Physical culturists have experimented, and by various methods of exercising have suceded in adding an inch or two to the



Another excellent stretching the following: the following: Stand erect and extend the arms straight over the head. Then stretch as high as you possibly can, as if trying to reach an inch or two to the height of certain per-sons.

It is a simple mat-ter to increase the height while the body is young, but the problem becomes more difficult after one has passed the twenty-first mile-stone of life. But I know of instances where persons of greater age have "grown t.-ller" through their own

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HANLY ATTACKS HUGHES

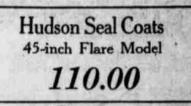
Prohibition Candidate Criticizes "Chance to Work" Statement

nating the middleman.

season's unprecedented demands. We buy in large quantities - we sell at small profits, elimi-

For Thursday's Sale





LUCREZIA BORI efforts.

LUCREZIA BORI efforts. If you are a "little body" with a big de-sire to tower high among your fellow-mor-tais, examine your physical being with criti-cal eyes. Did you affect the debutante slouch at the time when it was fashionable and then neglect to discard it when it was deemed "the thing" to carry oneself erect and with dignity? Or do you just nat-urally "droop languidly like a lily," which sounds very well when sung by a poet, but is very had for your health and good looks.

CORRECT YOUR CARRIAGE

Before you can add to your stature or even give the impression of being tall you must correct the defects in your carriage.

Practice deep breathing exercises in the open air or before an open window each day. Follow them with exercises that will strengthen the back and straighten the shoulders.

shoulders. Dumb-bells are an aid in exercises of this nature if they are selected with care. The weight of the bells should depend upon your height and weight. Any reliable merchant of sporting goods should be in-formed upon this matter of weight. In case that you are not familiar with the different movements that will bring about the desired results, purchase or borrow from a library a book on the subject of physical culture containing directions for exercising.

When your body is erect and as straight as an arrow, then you can begin the stretching process. In order to bring about guicker results follow these suggestions:

SUPLE STRETCHING EXERCISES

SIMPLE STRETCHING EXERCISES When taking your daily bath in warm mater immerse the body for ten minutes. This soaking, it is said, will soften the muscles and tissues. Then spread a large both towel or mat on the floor and lie flat upon your back with arms outstretched high above your head. Now stretch every muscle to its fullest extent, then relax and stretch again. Continue this until you feel signs of exhaustion. You will find that with practice you can increase the number of times that you can stretch and relax each day without becoming tired.

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BALTIMORE, Nov. 1.-J. Frank Hanly last night attacked Charles E. Hughes's declaration that "A chance to work is the foundation of American life" as falling foundation of American life" as failing short of the mark. "A chance to work is not enough," Hanly declared. "There must also be capacity to accept the chance. A job is not enough. There must be a man for the job. And in a struggle like that impending between this country and Europe a man must be as big as the job. Hughes stands for the chance. I stand for the chance plus the capacity to meet it."

Hughes Leads at Lafayette College Hughes Leads at Lafayette College EASTON, Pa., Nov. 1.—The straw vote taken at Lafayette College under the auspices of the Lafayette showed a large majority for Charles E. Hughes over Wood-row Wilson for the presidency. The Repub-lican candidate had 189 of the ballots, while Mr. Wilson received 96. This vote has aroused the Wilson Club at the college, and the members started a campaign to increase the sefitiment in favor of the President.

neet it.'

Needlework Guild's Exhibit

The Oak Lane branch of the Needlework Guild, in the Oak Lane Free Library, today has an exhibition of garments collected. A short address will be made to the workers of the guild by R. R. Porter Bradford, of the Kensington Lighthouse, Second street and Lehigh avenue.



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