

GETTING RID OF FAT.

By Exercising a Little Care One Can Grow Lean Without Drugs. OBESITY IS A SIGN OF DISEASE. The System That Made Hismark So Thankful to His Physician.

ALL FLUIDS INCREASE THE WEIGHT

Of recent years corpulency has been made a special branch of medical science. Excessive deposits of fat are now looked upon as a sign of bodily weakness.

In general terms obesity means an unusual deposit of fatty matter in the body. As a rule we find it under the skin between the muscles and under the membrane inside of the body, chiefly between the intestines.

Now to the treatment. In 75 cases out of 100 it is the easiest thing in the world to remove the fat. The great difficulty is to keep the fat once removed from returning again.

A large amount of fat can be removed by the observation of a few simple rules. If you are fat you will notice that you suffer more from thirst than thinner persons.

I do not care to talk about the many nostrums that are recommended to relieve fat. There are hundreds of them, for which all sorts of virtues are claimed.

The following rule must be observed rigidly, and it is the only one upon which I lay particular stress: Never drink anything an hour before, during meals or an hour after meals.

I must caution you against any form of treatment that consists solely of remedies. You will find that all noxious drugs taken by those who are fat enough to swallow them, only interfere with the normal process of nutrition and in hundreds of cases it is directly responsible for inoperable forms of dyspepsia.

There are three so-called systems of treatment. Banting, the one devised by E. Banting, and the Schwenninger-Banting may be dismissed without any reference on account of its futility.

The treatment of the Leaders. Physicians acknowledge that the Schwenninger cure is the most rational and successful. Those afflicted with some form of heart weakness are gradually given an increased amount of exercise, a liberal amount of meat and a tonic consisting of iron, potassium and iodine.

It will be a sale dissimilar in all essential effects from any heretofore held—as these phenomenally low prices are for new, fresh, latest design garments.

Tuesday You Can Buy Any Garment in Our House for Just 50c

More than we paid for it. If you expect to need a coat this winter you'll surely save several dollars at this sale.

THE GOODS: Cheviots, Diagonals, Kerseys, Cloths, Meltons, Scotch, Etc.

THE PRICES: Worth \$6.00 \$7.50 \$10.00 \$15.00 \$20 Tuesday 3.25 4.50 6.50 9.25 12

IT'S OPEN! WHAT'S THE EXPOSITION. (Fourth Season.)

THE THUMA DANCING ACADEMY, 64 Fourth Avenue, will open for the season Thursday evening, September 22.

NEW ADVERTISEMENTS

WORLD'S MUSEUM THEATRE. The Ladies' and Children's Favorite Amusement Resort.

CURIO HALL: The Puzzle of the Medical Profession. CHEVALIER CLIQUOT, Assisted by Mlle Cliquot.

14 WORDS IN THRAT AT ONE TIME. Illustration of a man holding a sign.

P. J. KENYON, The world's champion PYRAMID EQUILIBRIST.

THEATER: CASTLE'S LYCEUM SPECIALTY CO. ADMISSION 10 CTS.

BRAUN'S DANCING ACADEMY, 62 1/2 and 67 Fourth ave., second floor.

PROF. JAMES P. BROOKS' DANCING ACADEMY, Liberty av. and Sixth st.

The Tower Dancing Academy, Cycorama Auditorium, 75 Irwin Avenue.

NEW ADVERTISEMENTS

HARRY WILLIAMS' ACADEMY. MONDAY EVENING, SEPT. 19.

HILL'S NEW YORK VAUDEVILLE STARS.

Illustration of a man's head in profile.

Under the Management of Gus Hill. An Incomparable Host of Picked Stars of the Vaudeville Stage.

Emmerson and Cook, Swift and Chase, John E. Drew.

Patterson Brothers, Dan McAvoy, Miss Jessie May.

Prince Satsuma, Dixon and Lang, Miss Maude Beverly.

George Lavende, Miss Ada Tomson, Fred J. Huber.

H. H. Hill, A. W. Hamdy, And Jolly Comedy.

THE ALVIN THEATER.

CHARLES L. DAVIS, OWNER AND MANAGER. 70-FIRE EXITS-70. WEEK-BEGINNING MONDAY SEPT. 19.

KATIE EMMETT. In Con T. Murphy's Latest Depiction of Irish Life.

"KILLARNEY." "A Picturesque Mirror." "An Emerald Pure."

DIRECT FROM THE STAR THEATER, NEW YORK. THE CAST: THADDEUS SHINE, ROBERT MONAIR, KATIE BETTENAU, ELIZA HUDSON.

GRAND OPERA HOUSE. Monday, Sept. 19. Pinnacle of Fame, Summit of Refinement, Acme of Realism.

THE FLORENCE BINDLEY. Reached in One Grand Production.

PAY TRAIN. See the Wonderful INCLINE WRECK SCENE.

The Marvelous Railroad Scene. A train of cars unimpeded while running at full speed.

Next Week—"EAGLE'S NEST." See the Wonderful INCLINE WRECK SCENE.

NEW ADVERTISEMENTS

HARRY DAVIS' EDEN MUSEE AND FAMILY THEATER.

WEEK OF SEPTEMBER 19. Open at 10 o'clock A. M. ATTRACTIONS EXTRAORDINARY.

BEDOUIN ARABS. The greatest living acrobats, who have astonished the amusement-going public of the Continent of Europe.

ALFRED PILGRIM. The Boy Armless and Legless Wonder.

ROSA CALAHAN, Barnum's Bearded Beauty.

PROF. A. MONROE, The Amazing Prestidigitateur.

IN THE THEATRIUM. PRICE AND BARR'S Cosmopolitan Vaudevilles.

HARRIS' THEATER. Always prevail at Harris' Theater.

SEE THE GREAT BIZARRE SCENE. The Realistic Snow Plow Scene.

DUQUESNE PITTSBURGH'S LEADING THEATER

HENDERSON & NOBTON, MANAGERS. Week Beginning MONDAY, SEPT. 19. THE BEST OF THEM ALL HOYT'S

A HOLE-IN-THE-GROUND. It Stands Unparalleled the Very Best of All FARCE COMEDIES.

A Perfect Company. Perfect Stage Settings.

Startling and Strong Specialties. The equipment of this Company is perfect in every detail.

DUQUESNE WEEK OF Sept. 26. The Great Novelty of the New Season!

THOMAS Q. SEABROOKE And His Brilliant COMIC OPERA Company—80 People

IN THE GORGEOUS OPERATIC SPECTACLE "THE ISLE OF CHAMPAGNE"

Full Choruses! Grand Ballets! Sumptuous Scenery! GREATEST OF THE COMIC OPERAS!

Illustration of a man in a top hat holding a sign that says "SEA BROOKE".

EDMUNDSON & PERRINE.

TENTH TUESDAY CASH SALE---TUESDAY NEXT, SEPTEMBER 20.

Don't Forget---These Prices Are Only for One Day---TUESDAY. Regular Prices and Easy Terms All Other Days.

LADIES' WRAPS.

A great furure will be created by this great Ladies', Misses' and Children's WRAP SALE.

It will be a sale dissimilar in all essential effects from any heretofore held—as these phenomenally low prices are for new, fresh, latest design garments.

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YOUR BARGAIN CHANCE. EVERY ARTICLE NEW, NOVEL AND CORRECT.

FURNITURE.

\$39.25, Worth \$65. For this magnificent 3-piece solid Oak Suit. Bedstead, 6 feet high. Dresser, 6 1/2 ft. high. Mirror, 2 feet by 3 feet 6. Washstand, 2 feet 9 inches long.

\$17.25 Worth \$30. 3 pieces. Large Mirror. \$2.65 Solid Oak, very large. Worth \$5. \$1.87 For Tuesday. Worth \$3.

\$23.75 3 pieces; 24x30-inch beveled mirror. \$50 Bedroom Suits go at \$175. \$150 Bedroom Suits go at \$115. \$43.00 Solid oak; 3 pieces. massive carvings. \$100 Bedroom Suits go at \$75. \$75 Bedroom Suits go at \$59.

FURNITURE.

\$89 For this Five-Piece Suit, First Quality Wilton Rug Covering. 40 Walnut Frame Plush Suits, 6 pieces, \$65 \$45. 50 Hair Cloth or Plush Parlor Suits, \$60 \$39.

Tapestry, 6-piece Parlor Suits, elegantly made, \$75 \$53. Fine Oak Frame 6-piece, Carved Parlor Suits, Brocade Covering, \$100 \$74.

BEDDING. Spiral Bed Springs, \$2.50 Tuesday \$1.40. Woven Wire Springs, \$3.50 \$1.50. Soft Top Mattresses, Worth \$4. Tuesday, \$2.25. Our Soft-on-Both-Sides Combinat'n Mattress, Worth \$12; Tuesday \$8.

KARPETS.

Last Tuesday's offerings were appreciated by throngs of intelligent, liberal buyers. This week's items are of the same high order—the same maximum of quality at a minimum of price.

7,500 Yards of Wool SUPER EXTRA INGRAINS. Worth 75c. TUESDAY 49 CTS.

Table with 2 columns: Carpet Name, Price. Cotton Ingrains, 35c. Cot. Chain Ingrains, 60c. Wool Ingrains, 75c. Tapestry Brussels, 75c. Body Brussels, \$1.25. Velvets, \$1.50. Moquettes, \$1.50. Wiltons, \$2.50. Axminsters, \$2.00.

RUGS. 1,500 Single Door, 45c. Smyrna Rugs, \$1.45. 250 Byzantine Rugs, \$1.60. 300 Saracen, \$2.18. 300 26x54-inch, \$2.18. 500 30x60-inch, \$2.67. 200 36x72-inch, \$3.12.

CHINA-SILVER.

\$3.65 Will be our TUESDAY PRICE for this 56-piece English China Tea Set. \$7 would be cheap for it.

50 FINE DINNER SETS. Have always sold at \$13.50. Hand-some Floral Decorations. TUESDAY PRICE \$6.75.

TOILET SETS. In all the New Tints and Decorations at 2/3 Regular Price.

\$1.49 TUESDAY. Will buy you a set of Roger Bros.' Triple-plated Knives or Forks.

23c For 6 good Table Knives or Forks. 67c TUESDAY will buy a set of Elegant Ebony Handled Knives or Forks.

79c TUESDAY—Our Leader—Genuine Stag Handle Knives or Forks. We have the most complete House-furnishing Department in Pittsburgh.

OUR TERMS

OTHER DAYS, BUT NOT TUESDAYS. TUESDAYS, SPOT CASH, No Time to Anybody.

ON A TIME SALE OF \$10. \$1 Cash and 50c Per Week, And a PRETTY PICTURE FREE.

ON A TIME SALE OF \$25. \$5 Cash and \$1 Per Week, And a Pair of Lace Curtains Free.

ON A TIME SALE OF \$50. \$8 Cash and \$2 Per Week, And an 8-DAY CLOCK FREE.

ON A TIME SALE OF \$75. \$10 Cash and \$2.50 Per Week, And a Pretty HAT RACK FREE.

ON A TIME SALE OF \$100. \$12.50 Cash and \$3 Per Week, And a China Tea Set Free.

In addition to the above Liberal Terms OUR FREE RAILROAD TICKETS TO CHICAGO AND RETURN during the World's Fair GO WITH EVERY PURCHASE. FOR EVERY CUSTOMER We will prepay freight to your nearest railroad freight station. TRADE WITH THE PEOPLE.

635-637 SMITHFIELD STREET. 635-637. Free Delivery Everywhere.