

GRIDIRON GIANTS FED ON 19 CENTS

Scientific Diet, Best for Brain and Brawn, Provided at U. of P.

NO "SECOND HELPINGS"

Penn's Football Men Live Well and Cheaply

THE University of Pennsylvania football squad eats three meals a day, seven days a week, at the training table at a cost of nineteen cents a meal.

Food for the squad is prepared according to formulas worked out from years of experience as the most successful.

Needs of the squad demand nourishment for physical condition capable of resisting severe punishment, yet designed to increase mental alertness.

"Second helpings" are under strict ban at the training table, as result of experience showing they tend to degenerate tissue and induce mental sluggishness.

"Get up hungry" is the slogan for football men and a motto for every one desiring maximum efficiency of diet, according to Dr. Charles M. Wharton, line coach.

Nineteen cents provides a meal for the University of Pennsylvania football team. The menu includes everything necessary to nourish body and mind to the best possible advantage.

The twenty-four men on the Penn football squad eat three meals a day, seven days each week through the season at the training table of the Athletic Association under the eyes of coaches ever watchful that nothing but the best is served. And it can all be done for \$4 a week each.

The actual cost to the men and the Athletic Association, which makes up the deficit, is more than that. Dr. Charles M. Wharton, line coach and captain of the Penn team twenty years ago, declared today.

What the Penn men eat is the food experience has shown in the most characteristic is that there are no second servings. Football men cannot come back for more. Once emptied, the plates are carried off the table. Even the first serving, their normal allowance, would strike many as niggardly.

This view was taken by so many new men of the squad in days past that the inflexible rule, "no seconds" was put down, and there are no leniencies shown any one.

Breakfast at the training table is an event seldom varied with variety. The first course is stewed fruit, prunes, peaches or apples. After that is oatmeal of some other cereal, eggs, unaccompanied by ham or bacon, and never fried, and a few pieces of toast. There is no tea, coffee or milk for the squad.

Lunch usually starts with soup. Then there may be lamb chops, a limit of two being set for each man, or steak, and from this there is but one piece served at the meal. A slice of steak might be enough to suit any one were not the coaches so careful to see that it is no longer than three inches nor wider than two nor immediately thick.

Creamed potatoes go with the meat and there may be hominy or boiled rice. Tea and coffee and milk are under ban. Dinner is the most important meal, but there also the trimming is carried on by the coaches as at the other two.

Dinner includes soup, roast beef, roast chicken, roast lamb. Of none of these, however, may any man eat more than the equivalent of one full-sized slice of roast beef. The potato is again present and there are usually canned string beans, peas and possibly stewed celery. At this final meal of the day the squad has dessert. This, though limited to rice puddings or ice cream.

NO "MAKE-OVERS" The training table's nineteen cents a meal provides food like this throughout the football season. Everything served is of good quality and there has been no increase in the price this year. The rate is made, furthermore, without reckoning on the economies of "make-overs." Food appears on the training table only once. It is unknown there. The food is bought and served fresh for each meal.

"It is the best deal we can figure out," Doctor Wharton declared. "It must meet the most severe demands ever put upon a scheme of feeding. The men must be nourished into a condition that will give them the surplus vitality to withstand punishment, beatings and the stress of bodily conflict spread over a longer period than any other group of men wearing the cap and helmet. Besides that, they must be fed for their brains. There must be enough food to maintain the body at its best pitch, yet not so much that mental alertness and capability will be in the slightest degree impaired."

Doctor Wharton declares that hunger is merely psychological after a small amount of food has been eaten.

"Let any one try eating slowly and talking a good deal between bites," he said. "The stomach may believe the contents of the state will not be nearly enough, but if instructions are followed it will be found that half the usual amount of food is more than a plenty. The 'get-up-hungry' slogan is not such a calamity to heavy eaters if they eat more slowly. They will find it easy."

SUITOR SHOTS WOMAN Fires Upon Widow and Then Tries to End Life—Both Dying

NEW YORK, Nov. 22.—After his marriage offers had been rejected three times by Mrs. Henry C. Mann, the pretty widow of an author and editor, Alfred Hendrickson, jealous of the dead husband, fired his pistol from the wall, broke it into bits and dangled on the rubbish.

When Mrs. Mann indignantly protested, Hendrickson, angry and desperate, whipped out a revolver and shot her twice in the abdomen. Then he fired a bullet into his temple. Both were hurried to the hospital and later were reported to be dying.

Leg Comfort Do You Know Yours? Let Us Show You How to Get Yours. The most comfortable leg wear is the Corless Laced Stocking.

NEW FOOD ON THE MARKET



This is Dasheen. It's a tropical plant and is cooked like potatoes.

DASHEEN, NEW FOOD, BOON TO HOUSEWIVES

U. S. Expert to Demonstrate Variety of Uses for Tropical Vegetable

SIMILAR TO THE POTATO

Dasheen, a new food from the tropics that has a delicious nutty taste and can be prepared in as many ways as a potato, will be introduced to Philadelphia housewives on Friday afternoon by the United States Department of Agriculture through the Civic Club, which will hold a meeting for that purpose in the rooms of the Ethical Culture Society, at 1324 Spruce street.

The new edible is a plant similar to the well-known "Elephant Ear" plant, and produces a bulb which can be prepared in many different ways. Samples of the bulb will be given out at the meeting by R. A. Young, who will be here from Washington to deliver an illustrated address on the food.

The dasheen may be baked, stuffed, scalloped, boiled, fried, mashed, creamed or made into salad with amazing results, according to the Department of Agriculture, which gives the recipes for the different dishes. It can also be made into soup, pie, fritters, cakes, pudding or used as a filling for fowl. It can also be candied with palatable results.

The dasheen is used extensively in tropical climates, and is said to be an old favorite, dating even back to prehistoric times. Whether this is true or not is not definitely known, but Government botanists found it growing in abundance in Trinidad and other parts of the West Indies. It is thought that its name is derived from the French phrase "de la Chine" or "da China" (pronounced dasheen), meaning "from China."

The dasheen, though delicious in its various cooked forms, should not be eaten raw. Certain acid qualities make it extremely irritant to the mouth or any part of the skin that it may touch. These qualities are killed in cooking. In paring them a level teaspoon of salt soda to a quart of water will also nullify the irritating effects and keep the hands free from stings.

The dasheen is in many ways similar to the potato. Its composition contains half again as much starch and protein. The nutty flavor is also pronounced. Another characteristic that makes it popular throughout southern countries is that it can be forced to grow in shade, which are tender and taste like asparagus. Also fine flour can be made from the bulb. When made into bread, griddlecakes or any other dish that requires flour, it gives a distinct and pleasant taste.

The dasheen was taken up by the Government several years ago and is being cultivated at different Government stations in Florida and South Carolina. It does not require a rich soil and as much as forty bushels have been grown on one-tenth of an acre.

The meeting on Friday will be held under the auspices of the food and economics committee of the Civic Club, of which Mrs. W. E. Lee is chairman. Mrs. Lee extends an invitation to Philadelphia housewives to attend the lecture and learn about the new food.

HELD AS AUTO THIEVES' HEAD Wife of Postal Official Accused of Being "Brains" of Trust

CHICAGO, Nov. 22.—Mrs. Elvina Stiles, wife of Major William H. Stiles, of the postoffice service, today faced a jury on a charge that she and Roy Whitehead are the brains and brains of an alleged "automobile thieves' trust."

Beautifully gowned and apparently at ease, Mrs. Stiles smiled as the State outlined its case. Her defense was that she had no hand in the thefts of automobiles, but merely signed the bonds of some of its members who were under arrest.

Contraband by RANDALL PARRISH

HERE'S a corking good story of the Great War worthy to rank with the best of all Parrish yarns. There's a thrill on every page and excitement enough for any one. Don't miss it.

1524-1526 Chestnut St. ALL BOOKSTORES

HOUSEWIVES' BOYCOTT HITS POTATO MARKET

Slump in Prices Looked for Because of Determined Stand of Up-State Consumers

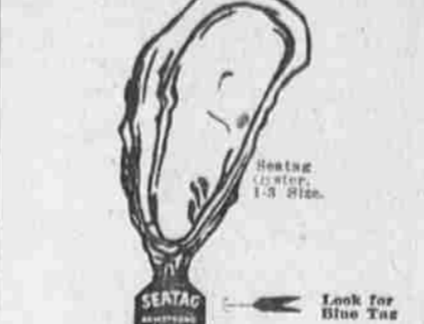
READING, Pa., Nov. 22.—Fears of farmers that winter might catch them with great stores of potatoes on hand, the active boycott by many housewives against the tubers and the fact that the potato crop was normal or nearly up to the average are likely to cause a slump in prices in eastern Pennsylvania in the near future, disinterested observers say.

In the great potato-growing districts of upper Berks and Lehigh Counties, which ship largely to Philadelphia and New York markets, the crop was abundant except in isolated cases.

Shipments this year have been small, however. The war prices received in 1915 for wheat and the high prices to which wheat and other grains have gone this year induced farmers to corner foodstuffs, with the result that there is a tie-up of the potato market.

Farmers in this section, who think that

Pat'd 8-12-16



Oysters from the Open Sea

We knew we had a half-shell oyster that would be a revelation to connoisseurs—tastier, more delicious. We knew every better-class restaurant and hotel would be ready for them—and the only thing we needed was a sure stamp of identification.

The BLUE TAG did it! The BLUE TRADE MARK tag is fastened to every Seatag shell.

Seatag Oysters

are worth identifying. They come from natural beds way out beyond Cape Charles, Va., miles from the mainland. You can tell them by the Blue Tag the first time. You can tell them by their zesty flavor every time.

Philadelphia Distributor: H. H. CLIFTON CO. Reading Terminal Market, Arch Street Wall

WOMAN WARNS U. S. OF MORMON MENACE

Mrs. Lulu L. Shepard Tells W. C. T. U. Sect May Hold Balance of Power

HAS 1,500,000 ADEPTS

INDIANAPOLIS, Nov. 22.—The Mormon Church now holds the political balance of power in eleven western States, and if it gets control of only two more it can hold the balance of power in Congress, Mrs. Lulu L. Shepard declared in an attack on the Utah religious sect before the Woman's Christian Temperance Union here today. She said:

"Utah has no anti-saloon league nor a Prohibition party, and yet there has never been a time from the 24th day of July, 1847, that Utah could not have been dry by the order of the prophet of the Mormon kingdom."

"Some people are wondering why the crusade against the Mormon kingdom is being waged so persistently just now. Mormonism has grown more rapidly in the last fifty years than any other Church, and today they number a million and a half of members. One person in every sixty is a Mormon."

"Wherein lies the power of the Mormon Church? you ask. In its great commercialism, for the Mormon Church, as a Church is the richest in the world. The Church today has \$27,000,000 hoarded up in Wall street, as a start toward the control of any interests or trusts; and back of that is \$200,000,000 more quick money in Utah."

"Recently the Church has been buying up land in South America. They are just now planning to make New York State the greatest Mormon State, because it was in that State that Joseph Smith founded the church."

"Today the Mormon Church holds the balance of power politically in eleven States. In eight of these sparsely settled States there are hardly as many people as in the State of Indiana, and yet Indiana has but two senatorial votes, while there are sixteen votes from the eight western States. If the Mormon Church gets control of two more western States, making thirteen in all, they can hold the balance of power in Congress."

Evening Dress Coat and Trousers, \$20

White pique vest is \$2.50 White silk vest is \$5.00

These evening clothes are being worn by hundreds of young men

They supply the dress suit need at very moderate cost

At least 20 per cent better value than you'll find

1524-1526 Chestnut St.

TWO HELD ON SUSPICION Men Loitering in Front of Jewelry Store Arrested by Detectives

When District Detectives McClure and Leary, of the Eleventh and Twelfth streets station, flashed revolvers in the faces of Orville Harrison and Raymond James, of Darby, Pa., they started to run, believing the officers were hold-up men. This is the story told by Harrison today when he and

his companion faced Magistrate Truesdell charged with attempted larceny. On the other hand, McClure and Leary tell a very different story. They say that the men were acting in a suspicious manner in front of the jewelry store of Bernard Cohen, at 153 North Eighth street, about 4 o'clock this morning. The detectives hid in a nearby doorway and saw the men twist a lock from an outside show case. When the prisoners tried to escape Leary frightened them by firing his revolver in the air.

Mail Carriers' Official Dead HAGERSTOWN, Md., Nov. 22.—John B. Newcomer, forty-six, president of Washington County Rural Mail Carriers' Association, died at Williamsport.

An Advertisement by THE PULLMAN COMPANY

Cleanliness. To maintain in a condition of absolute cleanliness the large number of cars, constantly in operation in every part of the country under conditions of dust and dirt unavoidable in railroad operation and annually accommodating approximately twenty-five million passengers, requires an elaborate organization trained by years of experience and maintained at a large annual expenditure.

The modern Pullman car contains everything essential to cleanliness and sanitation which the best experts upon these subjects have been able to devise.

After every trip each car is thoroughly cleaned and at frequent intervals fumigated in accordance with state and federal standards.

To accomplish this three hundred and eighty three cleaning stations, with over four thousand yard employes, are maintained in various cities.

By such thorough and consistent effort every Pullman passenger receives the greatest possible protection from the discomfort of dust and dirt usually associated with railway travel.

STANDARD

When Words Fail

At our command are as many adjectives as dictionaries hold. We could employ a glowing lot in describing the Standard "Eight"—and her qualities. But we'd rather you'd drive a Standard. Then use your own adjectives. You can see her any day. But—put her on trial. Give her a real whirl. Any reasonably good demonstrator can take you out in the tonneau of any reasonably good car and make it perform. Most men now know that. We invite YOU to sit in the driver's seat.

Springfield Sedan \$2500 F. O. B. Butler, Pa. 7-Passenger Touring \$1900 Limousine \$3500 4-Passenger Roadster \$1850

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