

CALORIE CARDS FOR DIET SQUAD

They Show Just How Much Food Each Member Needs

VARY WITH THE SUBJECT

Laws That Work Out Human Destiny Sound Complicated, but Are Simple

Second Day's 25-Cent Menu for Diet Squad

- BREAKFAST (Costs 6 Cents) Hominy, Banana and Milk, Coffee or Milk, LUNCHEON (Cost 7 cents) Baked Beans and Salt Pork, Brown Bread and Butter, Tea or Milk, DINNER (Cost 12 cents) Hungarian Goulash, Vegetables, Steamed Rice, Hot Biscuits, Tea, Apple Pie

Total, 3175 calories. Three meals are served each day to the members of the diet squad at the Lighthouse, 152 West Lehigh avenue, for 25 cents. These meals give the proper amount of calories, food strength and nourishment. The squad is conducted under the auspices of the Life Extension Institute.

By LISETTA NEUKOM

We have our calorie cards. The lady from Virginia has worked out by the weights of our bodies and amount of active exercise we take daily just how much food value we members of the Diet Squad at the Lighthouse, 152 West Lehigh avenue, should have.



LISETTA NEUKOM

into the mysteries of calories and little knows how much health and strength and ability, both physical and mental, depend on calories—a calorie card is as mysterious as a trip to Mars.

But it is all really very simple when it is explained. And it was explained to me today. Miss Fannie Lu Gill, the attractive young woman from Virginia, who is a senior at Drexel Institute, our dietitian, has made it all very clear to us all.

There are certain laws about food which work out the human destiny. If, for instance, a man lies quietly in bed all of the twenty-four hours of a day he needs twelve calories of food for every pound he weighs. So you see, if a man weighing 160 pounds lies in bed all of the twenty-four hours he would need at least 1200 calories of food.

Well, Miss Gill has taken all our weights and has found out what sort of work we do during our waking hours and found out how many hours we sleep—and she has made out what we call our "see-see," which is short for calorie cards.

By working out this same formula any one of the readers of this paper can find out how much food he or she should eat.

CALORIES VARY WITH EATERS The dietitian eater on our squad, according to her "see-see," is Miss Florence Diverly, who is in charge of the co-operative buying at the Lighthouse. She weighs 122 pounds, and her position does not require much walking or physical exercise. She is entitled to only 621 calories for breakfast and the same number for luncheon, while at dinner her allowance is 868.

Mrs. George W. Freeman comes next, but her weight and exercise entitle her to 734 calories for breakfast and luncheon, respectively, and 979 for dinner.

Robert Kiese should have 824 for breakfast and luncheon and 1112 for dinner; Edward C. Ledyard to have the right amount of nourishment should eat 847 for breakfast and for luncheon and 1129 for dinner. Robert R. C. Bradford, the keeper of the Lighthouse—in other words, its official head—to get the proper amount of food should eat 908 calories for breakfast and luncheon and 1121 for dinner.

Mr. Freeman and I are in the same class as eaters. He weighs more than I do, but he does not use as much energy, walk as much or move about as much in a day's work as I do. Hence we are each entitled to 913 calories for breakfast and luncheon, respectively, and 1216 for dinner. That gives us almost as much food value in our dinner as Miss Diverly gets in her breakfast and luncheon combined.

As was to be expected, Herb Taylor, the heavyweight of the squad, gets the lion's share of the calories. He is entitled to 1326 calories for breakfast and luncheon, and 1962 for his dinner, giving him a grand total of 4852 for the three meals.

HERE'S HOW YOU COUNT To arrive at the conclusion for yourself, if you are a working person take the weight

VOGUE Pattern Exhibition in PHILADELPHIA



Here you may secure expert fashion advice; study combinations of the season's smartest materials in original color schemes for gowns; try on crinoline models embodying fashion's latest decrees; choose the actual patterns of which suit you best.

TODAY'S FASHION



A party frock for "sweet sixteen."

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Two loose panels of taffeta, gathered at the top, form the front and back of the skirt. Ruffles of tulle produce a flaring effect at the sides.

Ribbon and silver roses are effectively used to trim the skirt.

(Copyright.)

SAYS PANTOMIME PROVES AID IN PRACTICAL LIFE

Director of Masque of American Drama Sees Great Value in Art to Students

Photograph in Pictorial Section

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"I have found in my experience," said Mrs. Price today, "that those who undergo the training of the pantomime are fitted to do other things." Mrs. Price will start within a short time on the work of retraining undergraduates for the masque. Both male students and co-eds will be under her direction and about seventy-five of the best will be picked for the more important pantomime parts of the big pageant.

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in taking prompt and effective action to UPHOLD AMERICAN RIGHTS and DEFEND THE NATIONAL HONOR

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Such being the case, it is high time for loyal American citizens to express themselves in no uncertain terms. It is not enough merely to urge that action be taken by the Government in line with the President's pledge. We should urge that such action be taken as will be effective because it is the expression of a sound military and naval policy. We have been told that the choice of such a policy is a question for the people. It is, therefore, incumbent upon the people to make known their choice.

To this end we call upon you to send in your name as a token of your approval of the following declaration of principles:

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Fourth: That while all should stand ready to volunteer if voluntary service is called for, yet the Government, in providing for our common safety, should not adopt emergency measures merely, but should definitely recognize the principle that the duty of defending the nation rests equally upon all citizens capable of service. To this end, Congress is urged to accept the recommendation of the responsible military authorities of the country and forthwith to exercise its Constitutional power "to raise and support armies" by establishing a permanent and democratic system of defense based upon universal service and training under direct and exclusive Federal control.

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BROTHERLY SPIRIT REACTION FROM WAR

Great Upsurging Described by the Rev. Dr. Lyman P. Pavell in Lenten Sermon

The world war as a means of creating a great upsurging brotherly spirit was described today by the Rev. Dr. Lyman P. Pavell, president of Hobart College, New York, at the Lenten services at St. Stephen's Episcopal Church, Tenth street below Market.

The natural reaction from war is brotherhood, he said, declaring that the sinless life of Christ was achieved after an effort and not as an outright gift. Christ used righteous force, he said, to bring about the triumph of the Pharisees. He was willing to resort to force in the cause of righteousness.

"Christ believed that man was worth saving, no matter what his sins were," said the Rev. Dr. Pavell. "He showed no disgust at the sins of men, but indignation at the hypocrisy of the Pharisees. He was willing to resort to force in the cause of righteousness."

"We should remember that God is everywhere," said the speaker, "but sometimes we forget Him because of worldly things. The trials of this life are sent us to make us think of Him. We should always remember that God loves us, and the trials are sent us to direct us in the proper way."

In conclusion the speaker told the congregation to realize and remember that God is always near us.

MEN CAN NEVER KNOW CHRIST WHILE LIVING

That there is no and can be no exact knowledge of Christ in this world, was the subject of the sermon by the Rev. Dr. John Mockridge, of St. James' Episcopal Church, at the noonday Lenten service in the Church of St. John the Evangelist, Thirtieth street above Chestnut.

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"PARABLE OF SURPRISE" PREACHER'S LENTEN TOPIC

The parable of the surprise was the subject of the noonday Lenten service, by the Rev. Frederick M. Kirkus, of Wilmington, Del., in Christ Church, Second street above Market, today.

Doctor Kirkus took for his text the words, "Lord, when saw we Thee anhungry,"

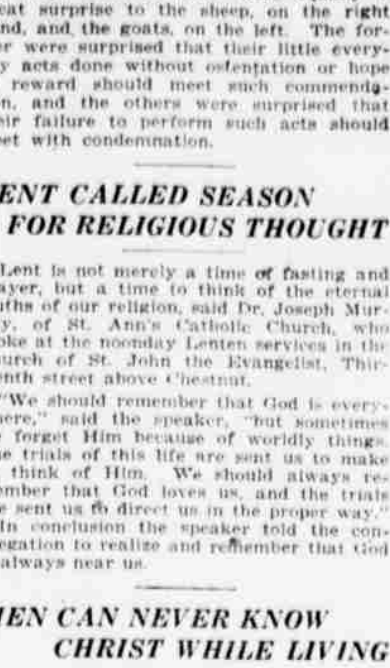
Skin Beauty

is simply skin health, and no one need suffer the humiliation caused by a blemished or discolored skin.

Dr. Mariello's nationally famous treatments and preparations are a dependable corrective, fully endorsed by the medical profession.

Kapnek & Kapnek 1615 Walnut Street

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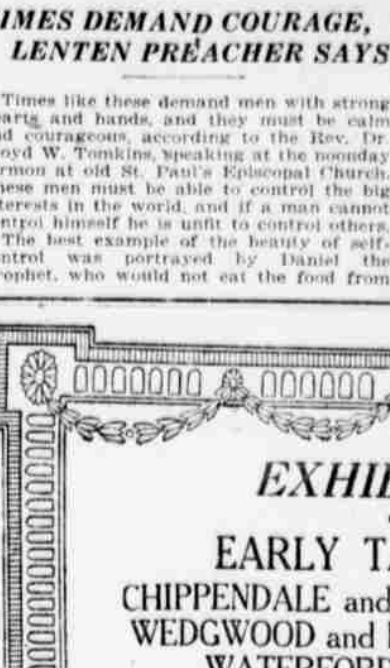
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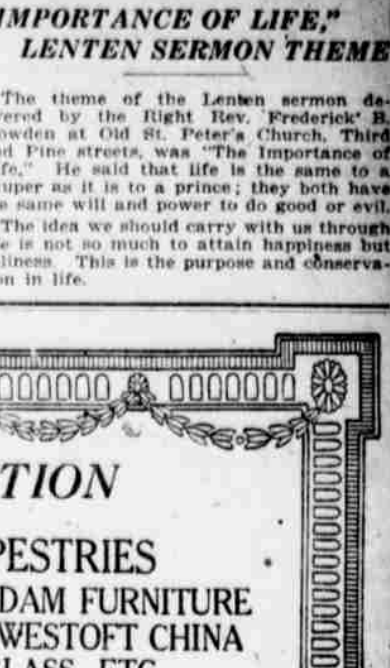
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TIMES DEMAND COURAGE, LENTEN PREACHER SAYS

Times like these demand men with strong hearts and hands, and they must be calm and courageous, according to the Rev. Dr. Floyd W. Tomkins, speaking at the noonday sermon at old St. Paul's Episcopal Church. These men must be able to control the big interests in the world, and if a man cannot control himself he is unfit to control others.

The best example of the beauty of self-control was portrayed by Daniel the Prophet, who would not eat the food from

"IMPORTANCE OF LIFE," LENTEN SERMON THEME

The theme of the Lenten sermon delivered by the Right Rev. Frederick B. Howden at Old St. Peter's Church, Third and Pine streets, was "The Importance of Life." He said that life is the same to a pauper as it is to a prince; they both have the same will and power to do good or evil.

The idea we should carry with us through life is not so much to attain happiness but holiness. This is the purpose and conservation in life.