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
Rolls
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 etables Steamed Rice Hot Biscuits Apple Pie

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

By LISETTA NEUKOM We have our calorie cards.

The lady from Virginia has worked out by the weights of our bodies and the sount of active exercise we take daily how much food value we members of the Diet Squad



ahead of three men and a tie with another in the amount of food I have com-Now to the ordinary mortal, who has

never been initiated LIBETTA NEUKOM into the mysteries of salories and little knows how much health and strength and ability, both physical and nental, depend on calories-a calorie card as mysterious as a trip to Mars.

But it is all really very simple when it 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 dictitian, has made it all very clear to us all.

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 100 pounds lies in bed all of the twenty-four hours he would need at least 1200 calories of food. But if that same man were working with But if that same man were working with a energy sufficient to develop muscular trength he would require from 1.34 to two solvies for every poulnd for every hour he works and the correct proportion of the twelve calories for every pound while he

Well, Miss Gill has taken all our weights short for calorie cards.

By working out this same formula any ene of the readers of this paper can find out how much food he or she should eat. CALORIES VARY WITH EATERS

The daintiest cater on our squad, according to her "see-see," is Miss Florence Diverty, who is in charge of the co-operative buying at the Lighthouse. She weighs 12 pounds, and her position does not require much walking or physical exercise. She is entitled to only 651 calories for breakfast and the same number for lunchen, while at dinner her allowance is 868,

Mrs. George W. Freeman comes next, but her weight and exercise entitle her to 734 colories for breakfast and luncheon, re-spectively, and 979 for dinner.

Robert Klees should have 834 for breakat and luncheon and 1112 for dinner; dward C. Ledyard to save the right mount of nourishment should eat 847 for takfast and for luncheon and 1129 for ther. Robert R. C. Bradford, the keeper dinner. Robert R. C. Bradford, the keeper of the Lighthouse—in other words, its official head—to get the proper amount of feed 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 be does not use as much energy, walk as south or move about as much in a day's serk as I do. Hence we are each entitled a 912 calories for breakfast and luncheor.

the second secon

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



you may secure expert fashrice; study combinations of cason's smartest materials in nal color schemes for gowns; on crinoline models embodyashion's latest decrees; the actual patterns of

of your own body. Multiply this by either 1.34 or 2, according to whether you do hard work or not. Then multiply this by the number of hours you work. Then take the number of hours you do not work, say sixteen. That means you multiply your body weight by the twelve calories and take two-thirds of that amount. Add this two-thirds to the number derived by your former multiplication table and you will have it. Perhaps it all sounds very complicated, but it is not.

Perhaps it all sounds very complicated, but it is not.

And after you know how many calories you ought to eat, will you know when you have caten one?

Well, that, too, is very simple. A slice of white bread, ordinary thickness, is fifty calories, while a slice of graham bread is 100. There is one valuable thing for the housewife to remember in these times of high cost of living. Her family gets twice as much food vatue from whole wheat bread as from white bread, and all for the same price. A square of butter, one inch square and one-quarter of an inch thick, is also 100 calories. A meat cake, ordinary size, is another 100 calories. A half cup of macaroni and cheese is another 100 calories, and so-on. There are cook books which teach the wife this, and there is not space here to go on through endless menus telling how many calories there are in various servings of food.

Yesterday we had some delicious and nutritious dishes which fairly knocked old bigh cost of living into accept in the sure of the sea of the living into a cocket.

Yesterday we had some delicious and nutritious dishes which fairly knocked old high cost of living into a cocked hat. One of them, which was especially good, I knew Evening Ledger readers would want, so I asked for it. It was a date pudding, with a total value of 2485 calories, and enough for eight persons. The ingredients for it were: one and a half cups of dates, one and a quarter cups of flour, one-third cup of sugar, three-eighths cup of drippings and one half teaspoonful of cinnamon. This will make a loaf four inches in diameter will make a loaf four inches in diameter and six inches long. A delicious lemon sauce served with it is made of one-half cup of sugar, one cup of water, two tablespoonfuls of corn starch and same amount of butter and a half tablespoonful of lemon juice. One-eighth of a cup of this gives 100 culories.

Since Dr. R. Tait McKenzie, director of physical instruction at the University of Pennsylvania, talked to us at the diet squad table yesterday noon and told us that most of the people in the country were digging their graves with their teeth, we are beginning to understand more why people should think more seriously of the real value of

"Eating is a habit," he told us, "nearly everybody eats too much. Just because food is prepared attractively, we overeat and thus overwork our whole systems and bring on disease and become old before our

POLICEMAN WHO MARRIED ON DEATHBED BURIED

Guard of Honor Follows Bier of Jeremjah J. Hurley-Sixty Reserve Bluecoats Participate

Funeral services for Jeremiah J. Hurley te reserve policeman, formerly stationed at Eleventh and Chestnut streets, who was married on his deathbod late Friday night before he succumbed to a brief illness, was held this morning. Sixty reserve policement under Sergeant Morrison, acted as a guard

The home servise was held at the residence of Hurley's wife, who was Miss Evelyn A. Redmond, 2138 North Twenty-seventh street, where the marriage ceremony was performed.

Solemn high mass was celebrated at the Church of the Most Precious Blood, Twenty-seventh and Diamond streets. The cele-brant was the Rev. Daniel Fogarty: the deacon was the Rev. Joseph L. Kirlin, rector Cross Cemetery.

The pallbearers, all members of the re-serve squad, were Policemen Ahern, Dia-mond, Walsh, Doosey, Henley and Druding. The sixty members of the force attending the funeral lined Twenty-seventh street dur-ing the procession to the church with badges draped and heads bared. Many floral tributes were sent. Thousands of people gath

Lakewood Newspaper Plant Burned LAKEWOOD, N. J., March 7.—Fire, be-eved to have started from an explosion in n office, destroyed the Times and Herald building here this afternoon, causing a loss of several thousand dollars.

and has found out what sort of work we do during our waking hours and found out how many hours we sleep—and sne has Spring Boots



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TODAY'S FASHION



A party frock for "sweet sixteen."

THE loveliest party frocks for the young I miss of fourteen or sixteen are a combination of chiffon taffeta and tuile. Pale pink taffeta and white tulle were used to develop this model. The bodice is of tulle, veiling a band of lace. The high girdle is embroidered with sliver,

Two loose panels of taffeta, gathered at the top, form the front and back of the skirt. Ruffles of tulte 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

Belief that pantomime and dances to be taught in the Masque of American Drama will strengthen the poise and bearing of the students for practical purposes was expressed by Mrs. William Merriman Price. who is in charge of the pantomime for the masque, which will be presented in May at the Botanical Gardens.

"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 mark within a short time on the work of renearsing undergraduates for the masque. Both male students and co-eds will be under her direction and about sevents five of the head direction and about sevents five of the head direction and about sevents five of the head direction and about seventy-five of the best will be picked for the more important pan-

BROTHERLY SPIRIT REACTION FROM WAR

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

great upsurging brotherly spirit was de-scribed today by the Rev. Dr. Lyman P. Powell, president of Hobart College, New York, at the Lenten services at St. Stephen's pal Church, Tenth street below

The natural reaction from war is broth-

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 added.

"Christ believed that man was worth saving, no matter what his sins were," said the Rev. Dr. Powell. "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."

SIN IS CONQUERABLE, LENTEN PREACHER SAYS

The Rev. John J. Greene, S. J., in his noonday sermon at St. Joseph's Church, Third street and Willings alloy, talking on "Helps and Hindrances to Happiness." said that it is not an impossibility to keep from committing sin. "Some people say that they just have to give into temptations and cannot resist," he declared. "But, for exmple, if a man who swears a great deal is talking to a clergyman he will undoubtedly refrain from cursing and swearing while talking. This shows that it is not an im-

possibility to keep away from one of the worst habits which men form.

"To continually sin makes you unhappy, and the reason you are so is because you think it is impossible to keep from sin. If people would only practice keeping their minds on what they do this unhappy feeling would vanish." ng would vanish."

"PARABLE OF SURPRISE" PREACHER'S LENTEN TOPIC

"The parable of surprise" was the sub-Ject 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 anhun-

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deacon was the Rev. Joseph L. Kirlin, rector of the church, and the subdeacon was the Rev. Daniel J. Daly, who performed the marriage ceremony. Interment was in Holy Cross Competer.

Help Demonstrate That the President Will Have

The United Support of the American People

in taking prompt and effective action to

UPHOLD AMERICAN RIGHTS DEFEND THE NATIONAL HONOR

The President of the United States is being seriously embarrassed by the failure of the great body of American citizens to speak their mind.

He has pledged himself to omit no act necessary for the protection of American ships and of American citizens upon the high seas. A noisy n are making it extremely difficult for the President to fulfill his pledge.

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:

First: That if the Government of the United States were to acquiesce in what is virtually a blockade of American ports, such action would be regarded by all good citizens as altogether inconsistent with the spirit and traditions of a free people.

Second: That we respectfully submit to the President and Congress that it has now become the clear duty of this Government to take affirmative action to whatever extent may be necessary to protect our ships and sailors on the sea, to maintain and defend our citizens in the exercise of the rights of American citizenship and to maintain the honor of the country.

Third: That we call upon the members of Congress, in both houses, comptly empower the President to arm the mercantile marine of the country and to use the navy in protecting our ships, our sailors and our citizens on

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.

All who desire to join in expressing these views are requested to send All who desire to join in expressing these views are requested to send their names and addresses (preferably, but not necessarily, by postal card) to

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All names will in due course be sent to the President and to Congressmen Contributions to extend this advertising may be sent by check to the Secretary

The story, he continued, describes a judge sitting in judgment on human souls at the last day. His decisions were equally a great surprise to the sheep, on the right hand, and the goats, on the left. The former were surprised that their little every-day acts done without orientation or hope of reason about many acts. of reward should meet such commenda-tion, and the others were surprised that their failure to perform such acts should meet with condemnation.

LENT CALLED SEASON FOR RELIGIOUS THOUGHT

Lent is not merely a time of fasting and prayer, but a time to think of the eternal truths of our religion, said Dr. Joseph Murphy, of St. Ann's Catholic Church, who spoke at the noonlay Lenten services in the Church of St. John the Evangelist, Thirteenth street above Chestnut.

"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 resembler 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 reflember that God is always near us. is always near us.

MEN CAN NEVER KNOW CHRIST WHILE LIVING

That there is not 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's Episcopal Clourck, at the noonday Lenten service at the Garrick Theatre today.

Doctor Mockridge, who spoke from the text, "My Kingdom is not of this world," said that while some believe the wisdom of Chrisit to be in the Sermon on the Mount and others think they have found it in the parables, while some adhere to this creed and some to that, the distinctions existing and some to that, the distinctions existing between the denominations and their doctrines are not knowledge of Christ. We

gered," and said that the words of the whole parable were the most distinctive even the aposities really knew Him. utterances Christ ever made. even the apostles really knew Him. The best we can do here and all that is ex-pected of us is to do as the apostles did and follow in His footsteps.

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. Temkins, speaking at the nounday sermon at old St. Paul's Enlaconal Church.
These men must be able to control the big
interests in the world, and if a man cannot
control himself be is unfit to control others.
The best example of the beauty of selfcontrol was portrayed by Daniel the Prophet, who would not cat the food from

the King's table as he preferred simple food. This was self-control. We should no yield to every fantasy and idiotic idea of other people, but should control ourselve and do what is right, the preficher said.

"IMPORTANCE OF LIFE," LENTEN SERMON THEME

The theme of the Lenben sermon de-livered 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 conserva-



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