

LET SQUAD HAPPY AT END OF WEEK

Members Are Convinced of Nourishing Quality of 25-Cents-a-Day Fare

SUNDAY DINNER A JOY

Here Are a Few Recipes of Dishes Palatable as Well as Cheap

By LISETTA NEUKOM

Today marks the end of the first week of the diet squad.

And we are all here to tell the tale—all in good condition and more convinced than ever that the twenty-five-cent-a-day fare is plenty to nourish any ordinary mortal if the food is properly bought and properly prepared.

We started on the diet squad a week ago at the Light House, 152 West Lehigh avenue. The menu was prepared at the School of Economics of Columbia University, one of the best in the country. The diet squad is under the auspices of the Life Extension Institute, a national organization with leading educators and physicians as its sponsors.

We had an official weighing of the squad today, and among the eight members there has been a total loss of five and seventy-five-hundredths pounds, while the gains have been four pounds, making a net loss of one and seventy-five-hundredths pounds.

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We were all delighted with the meals yesterday, although we were particularly keen about appearing for breakfast at the winking hour of eight on a Sunday morning. But the pancakes we had were worth it.

At noon we had a roast veal and apple sauce dinner with white wheat bread and peanut butter, honey, apricot tapioca pudding and tea or milk.

Miss Gill, the dietitian, for the recipe.

The one she gave me is enough for five persons. Cover one cupful of pearl tapioca with cold water and let it soak for one hour. Then drain off the cold water and pour on three cupfuls of boiling water in which has been paced one-half teaspoonful of salt. Cook over water, in a double boiler if you have one, until the tapioca is transparent and no hard center remains in any kernel. This should take about thirty minutes. When the tapioca is done, cut up six apricots in a buttered baking dish. Add one-half cupful of sugar to the tapioca and pour this over the apricots. Add the juice from the apricots and bake in a moderate oven for twenty minutes. Serve cool. If you are planning to use dried apricots they should be soaked overnight and cooked in the same water in which they have been soaked. Soak, of course, until they are tender.

I collected a number of recipes which have been requested by EVENING LEDGER readers, who are interested in the diet squad. One reader from out in Ohio has written to say that she tried the baked bean soup recipe and found it delicious. She says she is reading the reports of the diet squad things every day and is learning a lot of things about food values which she never knew before, although she has been keeping house for nearly thirty years.

A number of persons have asked about the baked haddock. They say that they have known it was good, but have never known how to prepare it. For five persons Miss Gill says to get one and three-quarters pounds of haddock. First clean it thoroughly and then sprinkle it with salt and pepper. Then make a stuffing consisting of two cupfuls of bread crumbs, one tablespoonful of grated onion, one-half teaspoonful of salt, one-eighth teaspoonful of pepper and one-half cupful of hot water. An added touch which makes the dressing delicious is to cut up a pickle or two in it. Put the stuffing in the fish and then brush it with one tablespoonful of melted fat, sprinkle with flour and put on a rack in a baking pan in the bottom of which is a half cupful of water. Bake in hot oven for about forty-five minutes. Baste the fish occasionally to keep it from getting dry.

BLACKSMITH SHOP PREY OF "FIREBUGS" MATCH

Establishment Swept by Flames for Second Time Within Three Weeks

For the second time within three weeks flames of an incendiary origin swept the blacksmithing establishment of William Free, 5807 Market street. Early this morning a blaze broke out in two feed sheds in the rear of the shops and virtually destroyed them. The loss is estimated at about \$300.

After the firemen had extinguished the blaze, District Detectives Silver and Martin, of the Sixty-first and Thompson streets station, discovered a pile of hay which had been placed in the center of the floor of one of the sheds and ignited from the bottom.

Three weeks ago a fire, which originated in the same manner, destroyed a stable, four horses and a wagon shed belonging to Free. The police have started an investigation to ascertain the identity of the "firebug."

PLOT TO BLAST HOTEL GARDEN

Chicago Waiters' Strike Pickets Accused of Dynamite Conspiracy

CHICAGO, March 12.—Six men are under arrest here today, accused of plotting to blow up the Bismarck Gardens. Police say the men planned to place hundreds of dynamite caps under the furnace while it was cold Sunday. The new fire started today would have probably blown many persons to their death, as the gardens, operated in connection with a hotel and cafe, are constantly crowded. The men arrested were pickets during a recent strike of waiters.

KNOX ON COMMITTEE OF FOREIGN RELATIONS

Assignments Made for New Pennsylvania Senator—Penrose Keeps Old Places

From a Staff Correspondent

WASHINGTON, March 12. Reassignments of committee places, which were approved formally today, resulted in no changes in committees for Senator Penrose, of Pennsylvania. He retains the chairmanship of the Committee on Additional Accommodations for the Library of Congress, and all other committee assignments he had in the last Congress.

Senator Knox is assigned to the following committees: Corporations Organized in the District of Columbia, Cuban Relations, Expenditures in the Treasury Department, Foreign Relations, Patents, Privileges and Elections, Rules.

Senator Stone, Democrat, remains as chairman of the Foreign Relations Committee. Ex-Senator O'Gorman, Democrat, is succeeded on the Foreign Relations Committee by Senator Thomas, Democrat. Republican vacancies on this committee are filled by Senators Fall and Knox.

Democratic chairmen will preside over fifty-four Senate Committees during the Sixty-fifth Congress. Republican chairmen will head twenty committees, a gain of one for the Republicans.

"PINK EYE" AT PENN

Three Prominent Athletes Among Victims of Malady

Three prominent athletes, one a football star and two track men, have been seen walking about the campus at the University of Pennsylvania wearing black glasses. Many questions have been asked by the students, but it just developed today that there is a small epidemic of "pink eye" at the University. The fact is that many students more than the big three were seen wearing dark goggles.

Carroll Thibault, a track star, who was first to be seen with black spectacles, now seems to be on a fair way to recovery, but "Lud" Wray, captain of the football team, and Spencer Shannon, manager of the track team, will have to keep back of the black lenses for a few days more.

UNA NUOVA OFFENSIVA SUL FRONTE TRENINO?

L'Austria Avrebbe Preparato Un'Altra "Strafe Ez Expedition" Contro L'Italia

ROMA, 12 Marzo.

Corrispondenti di guerra tornati appena dalla fronte del Trentino dove si svolse l'offensiva e poi il ripiegamento degli austriaci nei mesi di maggio e giugno dell'anno scorso fanno rilevare la grande importanza militare che ha quella fronte di circa cinquanta miglia nella quale si trovano le due maggiori arterie di comunicazione tra Trento e l'Italia, la valle dell'Adige e quella del Brenta, le due grandi vie di invasione sulle quali gli austriaci contavano di poter calare nella valle padana e prendere alle spalle l'esercito italiano dell'Isongo.

Quello che gli austriaci hanno compiuto nel Trentino dall'epoca della loro ritirata nel giugno del 1916 lascia pensare perché si presta a diverse interpretazioni. Dal l'estate scorsa essi hanno reso servibili un complesso di strade di circa duemila miglia. Le strade militari tra la valle dell'Adige e la regione cadorina sono state moltiplicate e migliorate e sono state distese centinaia di miglia di linee telefoniche. Inoltre gli austriaci sono stati attivissimi anche nella costruzione di caserme e depositi di munizioni ed hanno accumulato immense riserve di materiali.

Qualunque sia l'intenzione dello Stato Maggiore austriaco vi sono fatti che meritano di essere presi in considerazione. Innanzi tutto gli austriaci hanno concentrato nel Trentino due e tre volte il numero di soldati che essi vi avevano l'anno scorso. In secondo luogo, con le migliorate ed accresciute vie di comunicazione, essi potrebbero trasportare troppe da una fronte all'altra in più breve tempo che non potevano l'anno scorso.

Puo' darsi che la recente visita dell'ex capo di Stato Maggiore austriaco, conrad, del generale tedesco von Ludendorff, del materiale von Mackensen e dell'imperatore Carlo non significhi che un'offensiva sarà tentata ancora con tro l'Italia, ma resta il fatto che gli austriaci sono questa volta meglio preparati che non fossero l'anno scorso.

Questo telegramma che e' stato trasmesso da Roma al Times di Londra contiene esagerazioni che e' tilo far rilevare. Prima di tutto noi non riusciamo a scoprire come l'Austria e la Germania potrebbero portare sulla fronte di battaglia italiana il doppio ed il triplo delle forze portatevi l'anno scorso, quando austriaci e tedeschi non avevano ancora perduto tre o quattrocentomila uomini sulla fronte della Galizia.

operare rapidi spostamenti di truppe. E rimane sempre l'eccezionalità del teatro della guerra trentino per l'Austria, che e' uno vantaggio anche per parte della minaccia russa nella Galizia e che e' un vantaggio per gli italiani a cui rimane la possibilità della manovra per linee interne. Abbiamo voluto fare queste brevi considerazioni per mettere in guardia il pubblico dei nostri lettori contro allarmi che non hanno fondamento. Intendiamo, non escludiamo la possibilità che l'Austria tenti ancora la follia di una offensiva contro l'Italia con l'aiuto della Germania, ma escludiamo che possa tentarla con maggiori mezzi dell'anno scorso e con speranza di risultati migliori di quelli disastrosi dell'anno scorso. Berio di Braballa.)

Ieri sera il Ministero della Guerra pubblicò il seguente rapporto del generale

Cadorna circa la situazione alla fronte italo-austriaca:

Lungo tutta la fronte di battaglia vi sono avute ieri azioni locali di artiglieria, specialmente intense nella valle dell'Adige e nella zona ad est di Gorizia.

Sul Carso una tentata incursione del nemico contro le nostre posizioni sulla quota 144 fu prontamente respinta, e col tempo favorevole si e' avuta considerevole attivita' da parte delle squadriglie di aeroplani e si sono avuti bombardamenti dall'alto da ambidue le parti. Noi non abbiamo avuto alcun danno.

Nella serata alcuni nostri aeroplani lasciarono cadere bombe nel vallone di Muggia ad in direzione dei cantieri di San Rocco e di Santa Sabba, dove si osservarono incendi.



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An Innovation In Cigarette Cases

So arranged that when the case is opened a retainer springs forward holding a row of cigarettes in a tempting and accessible position.

This unusually practical and novel case in sterling silver, engine-turned design—\$19.

S. Kind & Sons, 1110 Chestnut St. DIAMOND MERCHANTS—JEWELERS—SILVERSMITHS

Market Street Tenth Street

\$15.75 **\$15.75**

A Great Dress Sale

Now In Progress at The New Earle Store

\$15.75

500 Women's and Misses' Spring Silk Dresses for Street and Afternoon Wear

Made to Retail at \$25.00, \$29.75

\$15.75 **\$34.75, \$39.75 and \$45.00—choice** **\$15.75**

None Sent C. O. D. None on Approval Every Sale Must Be Final

An Event That Is a Genuine Sensation

This sale is the achievement of careful planning and constant co-operation with the leading New York style creators for the past two months. A brilliant gathering of fetching styles, embracing—

Georgette Crepes, New Taffetas, Crepe de Chines, Chiffons, Charmeuse, Gros de Londres, Silk Jersey, Crepe Meteors and Wool Jerseys

with every trimming effect that is popularly acclaimed for spring. The various braided effects, the various beaded embellishments, hand-embroidered girdles and large collars of contrasting silks—in fact so many variations that it is impossible to mention them all. The shades are brilliant in their resplendent array—embracing Chinese blue, Magenta, Platinum, Taupe, Russian green, Silver gray, Burgundy, Old blue, Navy blue, Old Rose, Apple green and Black, of course.

SECOND FLOOR

The Van Sciver Store is the Home of Beautiful Furniture

ALL OVER the United States the name "Van Sciver" is the recognized synonym for fine furniture. Since the beginning of this business it has been our aim to preserve and constantly re-create only the traditionally good and beautiful in furniture and to accept only such modern interpretations as were justified by changing requirements and in accordance with the precepts of craftsmanship. Also, to so handle our business—in its several aspects of manufacturing, importing and retailing—as to bring the cost of our finer kind of furniture as low or lower than the commonplace sort sells for elsewhere.

Through specialization in our line, through our comparatively inexpensive, yet prominent location, through our experience in manufacturing as well as retailing, and through sincere devotion to the highest ideals of the art of furniture making, we have accomplished this dual purpose. And the esteem in which the Van Sciver Store is held, as well as the steady growth of its business, attest the fact.

A Modernized Jacobean Suite in Jacobean Oak. (10 pcs.) \$135

One of a number of suites that should have been on hand for our February Sale, but which, owing to freight congestion, only just arrived. It comprises Buffet, 54x22 in.; China Closet, 40x15 in.; Serving Table, 36x20 in.; Extension Table, 48 in., 6 ft. extension; 5 leather-seated Chairs and one leather-seated Arm Chair. The price above is the February Sale price.

Now You Can Get Oriental Rugs at the Price of Domestics

The savings are actually much greater than is shown by our comparative prices, for they have been made on the old price tickets put on before the war. Oriental rugs, to-day, are almost prohibitive in cost, owing to the labor shortage and the expense of ocean transportation. It has been our custom, however, to hold an Annual Sale of Oriental Rugs, and we adhere to it in spite of the unusual market conditions, as is evidenced by the following few quotations:

\$250 Hyderabad, 16.1x8.0	\$145	\$100 Afghan Bokara, 8.5x6.4	\$58
\$225 Hyderabad, 11.10x9.2	\$125	\$100 India, 8.5x5.0	\$45
\$217 Hyderabad, 10.4x8.1	\$98	\$85 Cashmere, 9.5x6.9	\$39
\$165 Hyderabad, 9.0x7.0	\$85	\$70 Afghan Bokara, 8.9x5.9	\$35

Specials in Royal Wilton Rugs

\$82 Highest Grade, 9x12 \$68 | \$65 Fine Grade, 9x12 \$49

\$60.00 Fine Grade Royal Wiltons, 8.8x10.6. \$46.50

Do you want suggestions as to the most effective, yet economical way of furnishing a Summer cottage or bungalow? Just drop us a postal card and we will gladly give you full information, without obligation or expense

J. B. Van Sciver Co.

MARKET STREET FERRY, CAMDEN, N. J.

Store Closes Daily at 5.30 P. M. Market St. Ferry Boats Land Opposite Store.

Order Now and Save \$35.00

To maintain the Pullman standard of workmanship and materials, it has become imperative to advance the price of the

PULLMAN \$825 PRESENT PRICE

AUTOMOBILE

Effective March 15th, the price will be increased to \$860. Orders placed before next Thursday will be accepted at the present price.

A few cars are available for immediate delivery.

OPEN EVENINGS UNTIL 10 O'CLOCK

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