ES TO EXTEND DET-SQUAD WORK

inthouse Official Suggests Plan for Public to Benefit

TWO RECIPES ARE GIVEN

od Tests Reveal Means of Economy and Health-Business Men Approve

Tenth Day of 25-Cent Menu for Diet Squad

BREAKFAST

d (one cup portion equals Milk (one glass of raw milk equals or calories, or one glass of skimmed of skimmed of skimmed of skimmed or skim

Sugar (one rounded teaspoonful sugar equals 25 calories).
Tost (one slice white bread equals

Butter (one piece one inch square and one-fourth inch thick equals 100 Coffee (no food value). Milk and

ogar as given above. LUNCH Macaroni croquette (one small cro-

mette equals 100 calories).
Tomato sauce (five tablespoonfuls and 100 calories).
Graham bread (one slice equals Butter (same as above).
Cornstarch pudding (one-half cuparing equals 100 calories).

Eaisin sauce (one-quarter cup

als 100 calories). DINNER

Beef pot roast (one slice 5 by 21/2 inches equals 100 calories). Dumplings (two medium - sized es equal 100 calories). Carrots (two-thirds cup equals 100

Caramel tapioca (three - eighths equals 150 calories).

Eight members of the diet squad

three meals daily at the Lighte, 152 West Lehigh avenue, from prepared by recipes supplied the Life Extension Institute. The ers of the squad eat all they at. Miss Fannie Lou Gill, of wrked out the allotment in calories

By LISETTA NEUKOM The work of the diet squad must not die. It must go on, and there is a way it can on, according to I. M. Simonin, banker doll man, who is a member of the exec-

poard of the Lighthouse, 152 West Lethe diet squad eat their twenty - five-cent-a-day meals during the two-week test which is being con-ducted under the aus-pices of the Life Extension Institute. Mr. Simonin has

Mr. Simonin has become so much in-terested in the diet squad's proof of the possibility of reduc-ing the cost of liv-

INSTITUTE THE PROPERTY OF THE But time he comes he marvels more.

The time he becomes more enthusiastic.

Is has asked the squad to invite his wife,

the for he says she scoffs. She will not
better that the meals can be good; she

are tall sounds very well, but is imprac-

Mr. Simonin's suggestion to make the und's work live, to make it have a influence on the community is to be menus and the recipes which have the two weeks' experiments, tell the caloric values of the dishes us has been done in this paper daily. these things, too, but over there it tost ten cents for each book. Mr. in's idea is to get some philanthropi inclined persons who will foot the for the printing and give the books to those who would profit the most

FOR PUBLIC BENEFIT

am sure there are some business men ensington," he said. "who would be to help with a proposition like that ould help the people of the community give them proper food values and make healthier and happier. I think it the agood idea to have the results his diet test published and give the usual recipes to the people of the city. Dewspaper publicity which has been a to this proposition has been splendid.

doing a fine thing for the city. But must not let the work of this diet squad

thy leather manufacturer told a ember of the squad today that he had and since the diet squad started in this by that his kitchen could be taken care of more economically and better than efore. He said he found there was cousary waste and that this had been corrected.

here are many other homes where the a cannot be afforded," he said, "and I i it is a good thing to look to con-sition of forces and supplies in the lan, as well as in the industrial cen-



or sick skins tching, burning skin-trouble keeps you scratching and well as of torment to you. don't you get rid of it by using pol Ointment? Physicians presit constantly. In most cases, is itching instantly and heals one promptly. It is very easy specifical to use. ters of the country. This diet squad is a fine thing."

This noon our guest is to be Dr. Eugene Lyman Fisk, of New York, medical director of the Life Extension Institute, which is furnishing the recipes for the diet squad. He is to make an address on "Community Buying" and "Properly Balanced Menus." SYMPHONY CLUB CONCERT EXHIBITS YOUNG TALENT

The molasses cake we had last night was delicious. Miss Fannie Lou Gill, the dietitian, gave me the recipe for it. This recipe makes enough for five persons:

RICE RECIPE

One cup of this is worth 100 calories and is nutritious as well as good to eat. Many think rice can only be used for a dessert. If they try this once they will have it often.

FAMOUS OLD ROADHOUSE

NEAR ALTOONA BURNED

Freedom Routed Into Rainstorm,

Less \$10,000

ALTOONA, Pa., March 14 .- The Lingen-

FUNERAL OF D. J. SWEENEY

Full Military Honors to Be Paid Pennsylvania Soldier

Full military honors will mark the funeral of Daniel J. Sweeney, late of 2734 North Hicks street, which will take place this afternoon at 2 o'clock. The services will be held at the home

and will be conducted by the Rev. A. Overton Tarrant, pastor of Zion Episcopal Church, Eighth street and Columbia avenue.

Mr. Sweeney was a member of the Sixth United States Cavairy and met his death by being thrown from a horse near Terlinqua, Tex., on March 5. He is survived by his wife and one child.

by his wife and one child.

The funeral will be in charge of Captain
Thompson, of the Sixth Pennsylvania, and

interment will be made in Northwood Ceme

Urges Citizens to Plant Gardens WILMINGTON, Del., March 14.—Mayor Price has issued a statement advising the

Boys and Girls Play Classics and Novelties With Zeal and Understanding MOLASSES CAKE

The eighth public concert of the Symphony Club last evening in Witherspoon Hall was a very impressive occasion for the boys and girls who comprise the organization, and a very proud one for their ad-miring relatives and friends, who thronged the auditorium with the largest audience usic has attracted thither this season

makes enough for five persons:

One-half cupful of sugar, one-half cupful of fat, one cupful of molasses; one teaspoonful of ginger, one-half teaspoonful of cinnamon, one egg, two and a balf cupfuls of flour; two teaspoonfuls of soda, one cupful of hot water, one-half teaspoonful of sail. Sift the sail, sugar, flour, soda and spices together. Melt the butter in the hot water. Add the molasses dry ingredients and the well-beaten egg. Bake in small cuptins in a moderate oven for twenty-five minutes. music has attracted thither this season.

Parents and friends had a right to be admiring, for aside from personal interest and partisanship and judging critically, more or less, but with circumstances in mind, the performance was enjoyable, mainly by its zests and youthful esprit, but also by its intelligence. Out of casual raw material, not specially selected for musical talent or "wunderkind" repute, Johann Grelle, also director of the Settlement Music School, has wrought excellent results, which reflect the greatest credit upon him and his associate teachers, as well as on Edwin A. Fleisher, through whose inspiration the Symphony Club was founded some six years ago and RICE RECIPE

The squad has referred to the savory rice we had the other day so many times that I think it would be a good idea to give that recipe. Here it is:

Add one cupful of rice to six cupfuls of boiling water and cook five minutes, remove from fire and drain. Fry one-half an onion in a saucepan with three tablespoonfuls of fat until the onion is a light brown color. Then add the drained rice and cook, stirring constantly until the rice has absorbed the fat. Then add one cupful canned tomato pulp, flavor with a little pepper and one and a half teaspoonfuls of sait. Then cook all this together until the rice has absorbed all the liquid. Put into a small cup to moid and serve hot.

One cup of this is worth 100 calories Club was founded some six years ago and through whose benevolence and interest it has developed into a philanthropic institu-tion of great cultural influence and value.

Very wisely the program was principally composed of the elder classics; wisely be-cause the masters are the right guides for the young musician, and the more thor-ough the drill and frequent the opportunity to play them the more durable the impres-sion; and wisely, too, because the definite contour and serene character of the simpler lassics are more readily apprehended by young musicians and conveyed to their audiences. Last year's public demonstra-tion of the work of the Symphony Club tion of the work of the symphony Club was varied with choral and vocal numbers; this year's was strictly instrumental, and traversing the agencies of large string orchestra, string quartet and plano, violin and cello in solo.

Even the connoisseur, rapt in musical ecstary and "precious" in his art ideals, would have found something to make him pause in locators for a mormat maybe.

Guests of Lingenfelter Hotel at East pause in Joyaunce, for a moment maybe, in Haendel's Concerto No. 15, for two planos and string orchestra, in which Rosalle Cohen and Isadore Freed supple-Rosalle Cohen and Isadore Freed supplemented the club. This is lovely as pure music and decidedly informing as forecasting developments of the symphony as a concrete art form. Also graceful in melodic line and skillful toying with beautiful themes was Mozart's Serenade, opus 525 which the orchestra of boys and girls gave very prettily. The opportunity was a welcome one to hear the revival of such rare and rarely heard compositions.

The novelty of the program was a quintet by Karl Nawratil, interpreted by Rosalie Cohen, plane; Samuel Salkin, first violin; Edwin A Fleisher, viola, and Joseph Smit, violoncello This is really a miniature concerto, with the plane as solo instrument, orchestrally supported by a string quartet. It has considerable merit of melody, though the development is rather ALTOONA. Pa., March 14.—The Lingenfelter Hotel at East Freedom, one of the most famous roadhouses in this section of the State, was burned at 1 o clock this morning. The fire started from a lamp explosion. All the guests were asieep at the time, but, aroused by the smoke and crackling of burning timber, they escaped, scantily attired. In a rainstorm. The flames spread so rapidly that only a few first-floor furnishings were saved, the dozen or more occupants losing all their belongings.

belongings.

East Freedom has no fire company, so the old roadhouse, a three-story brick hostelry conducted by the Lingenfelter sisters; was doomed from the first, but the populace prevented the flames communicating to adjoining property. The loss of \$10,000 was partly covered by insurance. melody, though the development is rather light

light
Reba Stanger, a young cellist of technical adroitness, gave the Gabriel-Marie "Lamento" and Van Gaens's "Song Without Words," and William Greenberg played efficiently the Dvorak-Kreisler "Indian Lament" and Kreisler's "Liebesfreund."
W. R. M.

TWO MEN INJURED BY AUTOS

One in Serious Condition at West Philadelphia Hospital-Drivers Arrested

Two men were injured when knocked down by automobiles early doday. The automobile of Albert Disston, driven by Scribner Smith, of 4942 North Eleventh street, hit George W. Russell, of 202 Essex street, Narberth, at Merion and City avenues. Russell is in a serious condition at the West Philadelphia Homeonathic Hospital. Mr. Disston was not in the machine when the accident occurred. The driver was arrested.

William Crater, 112 North Seventeenth william crater, street, a Pennsylvania Railroad detective, was knocked down at Fifty-eighth street and Woodland avenue by an automobile driven by George McCaine, of Chester. He was taken to the University Hospital. He will recover. McCaine will be arraigned people here to cultivate home gardens and assist in bringing down the high cost of living. Producers say prices are no higher than are warranted by conditions. today.

RATAN DEVI HEARD IN INDIAN RECITAL

Strange Singer Re-Creates the Oriental Soul in Ragas and Folk-Songs

The irony of hotels knows no limitation. In the ballroom of the Bellevue-Stratford, where a thousand frivolities have shone, and where worldly joys have been staged and sung, a slight-figured, mystical English. and sung a sight-negured, mystocallish woman sat yesterday and brought the hidden fascination of India to being before the Matines Musical Club. She is called "Ratan Devi"; her art is strange, intuitive.

almost frightening.
On the stage that so often has glowed with gaudy costume and rung with rag-time. Mme. Devi sat, crouched over her monstrous tambours, which gave forth the distant metallic accompaniment for the ragas and Kashmiri folk-songs she voiced. ragas and Kashmiri folk-songs she voiced. It might have been the scene of "Fon Juni in Heil." all but the dim shape of the munician. Thrown into vague reilef against the smoky darkness of soft curtains, the carle figure vibrated, in time with the emotional moods of her songs, the gray-green swathed head and shoulders undulating the disengaged hand now stroking the side of the tambours, now stroking the side of the tambours. the disengaged hand now stroking the side of the tamboura, now gesturing as if to invisible gods. The toxic steam of hot incense was no less haunting, no less distressing, no less difficult to analyze than the wall of this woman's low lament. She triumphed over mundane matters; no small victory, either. For after all a crowded auditorium where every whispercuts the air knife-like, and where heavy breathing and energetic servants insist on



removing chairs, is not precisely the place in which to contemplate the soul and its winding paths. No mysticism is without its humorous side, and that is apt to be emphasized in the scurry and bustle of social amenity. Mme. Devi was not dismayed by these barricades. It was as impossible to clude her curious and terrible voice as it is to forget her misty and dreamvelled face.

The costume recital was preceded by a The costume recital was preceded by a talk on the substance and aim of the Indian faga by Dr. Ananda Coomaraswamy. He explained that the only way to conceive of ancient Greek music was to approach its of the mechanics of Mme. Devi's voice or

study through that of the Orient. "It is quite wrong to read into such music sentiment or romantic feeling," he added. "It will say to you only what you bring to it." Doctor Coomaraswamy, in toneless, impressive accents, spoke further of the technical side of the art. Fortunately, the person (a man) who was under the impression that it was to be a program of "rags," but who later concluded it was "Chink stuff," was too far away from the speaker to be heard.

Fourteen numbers comprised the gram. The most beautiful, at least to glo-Celtic ears, was the one entitled my companions lie with their lovers, sit alone eating poison." B.

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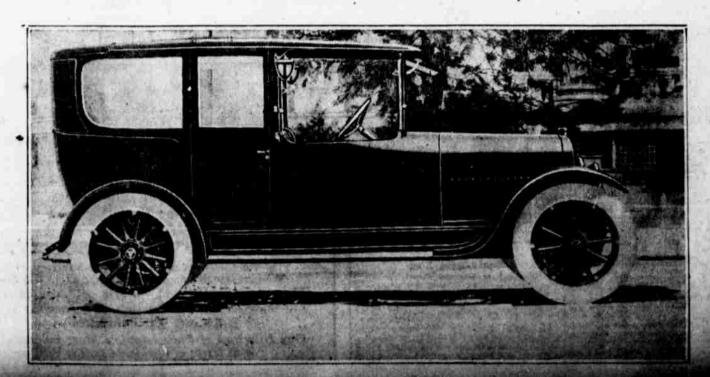
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