

ES TO EXTEND DIET-SQUAD WORK

Lighthouse Official Suggests Plan for Public to Benefit

TWO RECIPES ARE GIVEN

Food Tests Reveal Means of Economy and Health—Business Men Approve

Tenth Day of 25-Cent Menu for Diet Squad

BREAKFAST Oatmeal (one cup portion equals 100 calories). Milk (one glass of raw milk equals 100 calories, or one glass of skimmed milk equals 75 calories).

LUNCH

Macaroni croquette (one small croquette equals 100 calories). Tomato sauce (five tablespoons equal 100 calories).

DINNER

Beef pot roast (one slice 5 by 2 1/2 by 1/4 inches equals 100 calories). Dumplings (two medium-sized ones equal 100 calories).

By LISETTA NEUKOM

The work of the diet squad must not die. It must go on, and there is a way it can go on, according to L. M. Simonin, banker and oil man, who is a member of the executive board of the Lighthouse.

Each time he comes he marvels more. Each time he becomes more enthusiastic. He has asked the squad to invite his wife, for he says she scoffs. She will not believe that the meals can be good; she says it all sounds very well, but is impracticable.

Mr. Simonin's suggestion to make the diet squad's work live, to make it have a lasting influence on the community is to print the menu and the recipes which have been used for the two weeks' experiment, and tell the caloric values of the dishes just as has been done in this paper daily.

There is a movement in New York to print these things, too, but over there it will cost ten cents for each book. Mr. Simonin's idea is to get some philanthropically inclined persons who will foot the bills for the printing and give the books away to those who would profit the most by them.

FOR PUBLIC BENEFIT "I am sure there are some business men in Kensington," he said, "who would be glad to help with a proposition like that. It would help the people of the community and give them proper food values and make them healthier and happier. I think it would be a good idea to have the results of this diet test published and give the menu and recipes to the people of the city. The newspaper publicity which has been given to this proposition has been splendid. It is doing a fine thing for the city. But we must not let the work of this diet squad die."

One wealthy leather manufacturer told a member of the squad today that he had found since the diet squad started in this city that his kitchen could be taken care of much more economically and better than ever before. He said he found there was much unnecessary waste and that this had already been corrected.

"There are many other homes where the waste cannot be afforded," he said, "and I think it is a good thing to look to conservation of forces and supplies in the kitchen, as well as in the industrial centers of the country. This diet squad is a fine thing."

TERMS OF THE COUNTRY. This diet squad is a fine thing.

This noon our guest is 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 Menu."

MOLASSES CAKE

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

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 tablespoons 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 salt. Then cook all this together until the rice has absorbed all the liquid. Put into a small cup to mold and serve hot.

FAMOUS OLD ROADHOUSE NEAR ALTOONA BURNED

Guests of Lingenfelter Hotel at East Freedom Routed Into Rainstorm. LOSS \$10,000

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 3 o'clock this morning. The fire started from a lamp socket in the kitchen, and spread rapidly, cracking and burning timber, they escaped, scantily attired, in a rainstorm. The flames spread so rapidly that only a few first-aid furnishings were saved, the dozen or more occupants looking all their belongings.

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 Cavalry and met his death by being thrown from a horse near Terlingua, Tex., on March 5. He is survived 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 Cemetery.

URGES CITIZENS TO PLANT GARDENS

WILMINGTON, Del., March 14.—Mayor Price has issued a statement advising the 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.

Stop suffering from Bright's Disease, Rheumatism, Gout, Diabetes, etc. DRINK Mountain Valley Water Pure, tasteless—a delightful table water Let us send you letters showing what it has done for other Philadelphians. Call, write or phone. SAMPLE IT FREE AT 718 Chestnut St. Bell Phone Walnut 3407

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Quick and efficient service at a reasonable cost is one of the strongest points in the selling of Republic trucks.

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The Swain-Hickman Service Department is unusually complete in both mechanical equipment and the stock of parts on hand.

"There's a Republic for every line of business."

Republic Dispatch, Model 9, maximum capacity 1500 pounds. Complete with express body, canopy top, side curtains, glass front, electric lights with generator and storage battery and electric horn, \$795; or with beautiful solid panel body, \$820.

Republic, Model 10, one-ton; stake or express body, seat and bow top included, \$1195. Republic, Model 11, one-and-one-half-ton chassis, \$1375. Republic, Model "A," two-ton chassis, \$1785. Republic, Model "T," three-and-one-half-ton "dreadnought" chassis, \$2675.

Phone—Race, 2681; Spruce, 2548. Service Station 2116-18 MARKET ST. PHILADELPHIA. Trenton Branch 9 & 11 Fair St.

SYMPHONY CLUB CONCERT EXHIBITS YOUNG TALENT

Boys and Girls Play Classics and Novelties With Zeal and Understanding

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 admiring relatives and friends, who thronged the auditorium with the largest audience music has attracted thither since the 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 admirable, mainly by its zealous and youthful spirit, but also by its intelligence. Out of casual raw material, not specially selected for musical talent or "understanding" reports, Johann Grosse, 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 through whose benevolence and interest it has developed into a philanthropic institution of great cultural influence and value.

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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 woman sat yesterday and brought the hidden fascination of India to being before the Matinee Musical Club. She is called "Ratan Devi"; her art is strange, intuitive, almost frightening as it is to be heard.

On the stage that so often has glowed with gaudy costumes and rung with ragtime, Mme. Devi sat, crouched over her monstrous tamboura, which gave forth the distant, mottled accompaniment for the ragas and Kashmiri folk-songs she voiced. It might have been the scene of "Don Juan in Hell" all but the dim shape of the musician. Thrown into vague relief against 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 soft, low lament.

FIRST AID FIRST!

Advertisement for McNeil's First Aid Cabinet. Includes image of the cabinet and text: "McNEIL'S FIRST AID CABINET... before... ROBERT McNEIL... Front and York Streets, Philadelphia, Pa."

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 today. The automobile of Albert Diston, driven by Scribner Smith, of 243 North Eleventh street, and George W. Russell, of 203 Essex street, Narberth, at Merion and City avenues, Russell is in a serious condition at the West Philadelphia Homeopathic Hospital. Mr. Diston was not in the machine when the accident occurred. The driver was arrested.

REMOVING CHAIRS. It is not precisely the place in which to contemplate the soul and its winding paths.

It 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 feisty and bustling of social amenity. Mme. Devi was not dismayed by these barricades. It was as impossible to elude her curious and terrible voice as it is to forget her misty and dream-valled face.

STUDY THROUGH THAT OF THE ORIENT. "It is quite wrong to read into such music sentiment or romantic feeling," he added.

"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 "ragas," but who later concluded it was "chink stuff," was too far away from the speaker to be heard.

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HER VOICE VEHICLES. It is a voice foreign to the American concert stage or opera house—of extraordinary scope, intensity, weird emotional color.

It is a voice foreign to the American concert stage or opera house—of extraordinary scope, intensity, weird emotional color. It can turn a drone into a prayer, or make a cry stab like the remembrance of things "before the beginning of years." It is the voice of a race that has "thought itself weary." It suggests ageless and deathless torment and love and purification. In a word, it is subjective.

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The Super-Six motor has given to Hudson the ruling place among fine cars. Nobody who knows can doubt that. It has been proved in a thousand tests. No high-grade car in the world now commands a demand like this.

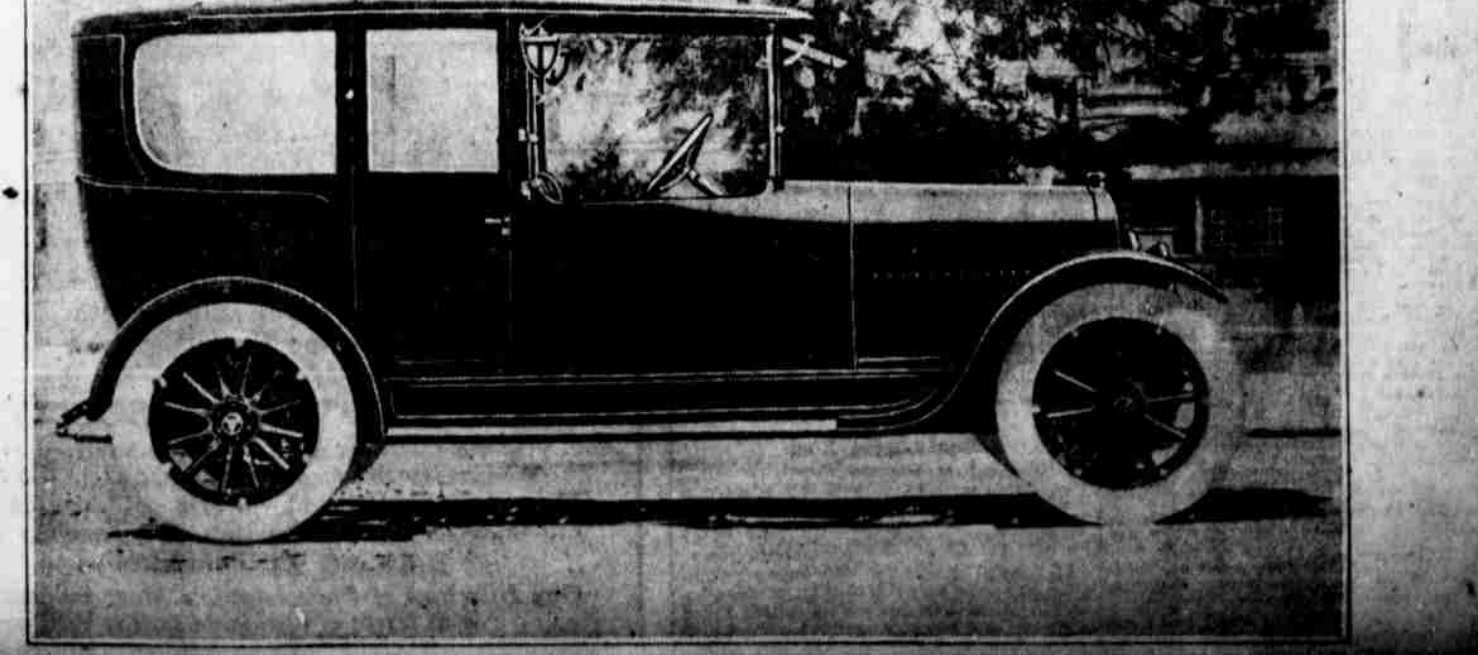
Come and see the luxurious bodies, designed to accompany this motor. None of these models will be built in large quantities—our allotment is small. To avoid disappointment, we urge an early selection.

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