CARAMEL TAPICOA, UM-UM

By LISETTA NEUKOM

Princeton students will come out of Jersey
this evening to learn of the diet squad and
what it is doing.
Five students from Princeton University
will be with us at dinner as members protempore of the diet
would which is get-



the Lighthouse, R. R. P. Bradford, is a Princeton man, and second, because mem bers of the boys' club take outings each summer with Princeton students, who are in charge of boys' summer camps.

because the keeper of

When it was noised abroad in Princeton that there was a diet squad at the Light-house, the students decided to come over and investigate.

"Mark" McCloskey, "Rand" Sallor,
"Jack" Eddy, William Moore and Wu
Teng, a Chinese student from Pekin, are
the Princeton men who are coming tonight. ir renown as singers has preceded then and we are expecting to be entertained to-night with college songs. WEIGHED AGAIN

We had another weighing yesterday and proper diet is beginning to got in its work. The beavyweights are losing. The learn ness are gaining, and those who are "just bout right" in weight are holding to their Herbert Taylor, our heavyweight mem-

ber, who went on the squad with the avowed desire to take off flesh, has lost four pounds since he started. He lost three pounds since last weighing day, Monday, and now tips the scale at 18714.

George W. Freeman, who is also over-weight for his height, has lost a pound and a half since Monday. He now weighs The thin ones on the squad are gaining.

Miss Florence Diverty gained a pound and now weighs 119, while R D Klees has put on a half pound and now tips the scale at

ee of us remain the same-R. R. P. Bradford at 174%, E. P. Ledyard at 148% and my weight at 155.

Mrs. G. W. Freeman lest half a pound and now weighs 120 52 pounds. The net less of the squad is thus 3.5 pounds, but as long as the loss is where it should be we are all much pleased.

APPLE DUMPLINGS BULLY It is hard to make good apple dumplings, but eating of the dumplings we had one day this week is proof enough that the dumplings are A No. 1, so I am going to give the recipe for them to Evening Lengus women. These dumplings have really enormous food value. One dumpling is worth 258 calories, which is a primary in the control of the c

258 calories, which is as valuable as two and a half glasses of raw milk, is equal to more than five slices of white bread and has much greater food value even than the maraconi croquettes, the recipe for which was given yesterday. The ingredients for apple dumplings for

The ingredients for apple dumplings for five persons are: One cupful of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt, three-eighths to one-half cupful of water, four tablespoonfuls of fat and five apples. Directors are: Sift the baking powder, salt and flour, work in that and make a soft dough with the water. Roll and cut into five good-sized biscuits. In each fold an apple which has been cored and pared and sprinkled with sugar. Bake for about forty-five minutes, or until apples are soft. Serve with hard sauce. For hard sauce, cream one-quarter cup of butter or butter substitute thoroughly. Then add one-half supful of brown sugar. Do this slowly, then cupful of brown sugar. Do this slowly, then drop by drop put in two tablespeonfuls of milk and one-third teaspoonful of vanilla. A cheap and good dessert we had for dinner one night this week, which brought

a chorus of "Oh, man," and "man dear," from the squad, was caramel taploca.

And this is the way you make it. The ingredients include one-half cupful of tapica, one and one-quarter cupfuls of brown sugar, three cupfuls of water, one-half teaspoonful of salt, one-half teaspoonful of vanilla and one-half cupful of cold water.

CARAMEL TAPIOCA RECIPE

Wash the tapicca well and soak overnight in three cupfuls of water. Leaving the tapicca in the water in which it has been soaked, add the brown sugar and salt, mix thoroughly, and put into a greased baking lish. Bake for an hour in a slow oven, Remove from the oven, and add a half cupful



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Twelfth Day 25-Cent Meals for Food Diet Squad

BREAKFAST Hominy (four-fifths cup equals 100 calories).

Milk (one glass raw milk equals 100 calories, orsone class skimmed milk equals 75 calories). Sugar (one rounded teaspoonful equals 25 calories).

Toast (one slice buttered with one-half tablespoonful of butter or butter substitute equals 100 ca-

Coffee (no food value; sugar and milk as above).

LUNCH

Baked rice and cheese (two-thirds cup of rice and cheese equals 200 Raisin bread (one slice equals 100

Butter (above). Apple sauce (two-thirds cup equals 200 calories). Tea (no food value; milk and

sugar as above). DINNER

Escalloped salmon (two-thirds cup equals 200 calories).

German fried potatoes (one small serving equals 100 calories). Graham bread (one slice equals 100 calories). Butter (as above).

Prune pie (one piece two inch at circumference equals 200 calories). Three meals are served daily to the eight members of the diet squad at the Lighthouse, 152 West Lehigh avenue, from menus and recipes prepared by the Life Extension Insti-tute. The members of the squad are allowed a certain number of as scientifically arranged by the dietitian, Miss Fannie Lou Gill, of Roanoke, Va., a senior at Drexel In-

of water and the vanilla. Cool before serving.

Now for the corn chowder, which so many people have asked for. The ingredients are me-quarter can of corn, a piece of pork (about one and one-half cube), one medium sized potato cut up in slices, two cupfuls of milk, one and one-half cupfuls of bolling water, two tablespoonfuls of butter or butter substitute, one-eighth sliced onion, one-quarter teaspoonful of sugar, sait and pepper to faste.

Cut the pork into small pieces and fry tout. Add the onion and cook for five min-ites. Strain the fat into a stew pan. Cook he potatoes for about five minutes in boil-Draid and add the potatoes to ing water. Drain and add the potatoes to the fat. Add the boiling water and cook until the potatoes are soft. Then add the corn and milk and heat to the boiling point. Add sait, pepper, sugar and butter. If you prefer to have the chowder thickened a little, add flour and water as you would for gravy. The recipe does not call for this. Serve immediately after adding the butter.

GERMAN WOMEN BEARING WAR'S BURDENS WITH COURAGEOUSNESS

EVENING LEDGER-PHILADELPHIA, FRIDAY, MARCH 16, 1917

and the only grievance they had was that they wanted something to do, the time hanging heavily on their hands."

Clothes are very expensive in Germany according to all reports, and most of their have to be purchased on the ticket system.

hanges in the early spring, did indeed turn

the dangers of traveling."
"Anyhow, if we did manage to get new

Where hats are concerned, too, I sought a vain for anything in the way of novelty.

effect, is carried out in straw instead of silk. Big. droopy hats and hats of the clothe variety are in evidence, and queer chapeaux like mobeaps of chiffon. But

there is really nothing new in any of the illinery displays.
Suits continue on the old lines.

kirts hanging in straight full folds, a

trifle longer, perhaps, and the only novelty struck is in the choice of material or the detail of some trimming. One leading effect of the war in the mat-

er of womankind is that French womer

are now demanding that their marriages shall be arranged on "the English and American plan" after the war. No more marriages with dowry, no more

people take the leading part in the nego-

We wish marriages to be based on love and inclination rather than on money set-

the turban, high and rather Russian

ested in fashions." .

Want Peace, However Great Their Fortitude in Withstanding Poverty, Domestic Misery and the Sorrows of Bereavement

Written Specially for the Evening Ledger
By ELLEN ADAIR

women and

LONDON, Feb. 19. An Englishwoman, who with her two young children has recently managed to escape from Germany, speaks of the poverty and the general domestic misery there, but at the same time

much impressed by the courage of the "At the beginning of the war the German women food to the men in the trenches." says, "but today case is altered, and it is the men in the trenches who are sending food home

children, whose plight is so hard. There would have long ago if there had been enough able-bodied men at home in

the country. But there are only boys, old men, cripples and women. "Although the German women are sad at heart," she continues, "and although they know that this state of things cannot continue much longer, for they can only just keep body and soul together as it is, yet they preserve outwardly as good spirits as possible, and make pitiable efferts to be jocular. From first to last I was treated well, though I had to starve with the rest." REBUKE TO GRUMBLERS

When one hears of food conditions such as that, the gramblings of certain Britishers—only a very trifling percentage, it's true—in connection with Lord Devonport's system of rationing, seem most extraordi-nary. And as for the mild housewifely protests that one hears over the high price of bread, why, in Germany a four-pound loaf, known as "white bread," costs twenty-eight cents, and is dark brown in color! The rural districts of Germany appear to be slightly better off than the cities, for

the land and its produce are there at the door. But the towns are full of mourning and privation. The women of Germany want peace

with growing intensity," says the English-woman who has just left that country, "Socialists and Catholies, though usually opposed, are now united in their advocacy Both parties have sent petitions of peace, both parties have sent petitions, aigned by millions of women, to the Gov-ernment in Berlin, praying for a stoppage of the war. They have not yet quite lost heart, but after playing Mother Hubbard

heart, but after playing Mother Hubbard for the last year they are full of anxiety for the future.

"The German people are not allowed to know what their losses have been. They know, however, that they have been colos-sal. They can see for themselves the makined and the crippled everywhere. They speak of the dead in terms of indefinite mil-lions. There is less Gott Strafe England

ilements," says the young French girl who has been enjoying freedom unheard of before the stress of war, and who has enjoyed that freedom immensely. "The war has brought the young men and women of France in more friendly contact than ever before. In pre-war days it was not fitting that a young girl should ever be alone with a young man. Even the unmarried woman of thirty-five must not be alone with a man unless she wished to be considered bad forp. But now, since women have been doing war-work, nursing officers, replacing men-workers, romance has ripened, engagements have come to pass without the family permission, and we girls rebel against the old traditions of the marriage with dowry." to be heard. Perhaps it is partly due to the fact that German women who wrote to prisoners interned in England, asking whether they wanted anything, received the reply that the prisoners in the hands of the British had all their wants supplied.

with dowry."

Of course, we all know that the marriage with dowry was not originated merely to advance the interest and comfort of the young people themselves. It was for the sake of the unborn children, to promote the welfare of the family, and the tradition of the family is one of the strongest in France.

France.

If the dowerless marriage becomes a social institution in Frence after the war—as indeed it probably will—then the State will probably do something to help the

except the suits of highest price. In France and in Great Britain, too, prices have natu-rally risen high, and the decree has gone forth that this spring is to be one without family.

Meanwhile, in the midst of war's alarms and troubles, the "jeune fille" is enjoying romance and is quite determined that the old order of things in matters matrimonial will never again hold full sway.

GIRL IN PLUCKY FIGHT BEATS OFF ASSAILANT

fashions!

As for the barrel alias the peg-top skirt, with which we in England have been threatened, it simply does not exist. Paris has coquetted with it, but no one really wants it. I spent several hours searching among the early spring models in the great dressmaking houses in London to see if I could catch a fleeting glimpse of that will-o'-thewisp, but quite failed.

Paris, war weary and worn, yet bravely anxious to keep up its traditions of fashion changes in the early spring, did indeed turn COATESVILLE, Pa., March 16 .- Grace COATESVILLE, Fa., March 18.—Grace
Benner, fourteen years old, a daughter of
Milo Benner, of Highland township, was
induced to enter the home of George Atkins
while on her way to school with her nineyear-old brother Roy yesterday by the report of a farm hand that Mrs. Atkins was
ill and wished to see her.

Mr. and Mrs. Atkins were in Coatesville
and the girl's brother was presently. to the barrel skirt as a slight diversion from the full skirt of the moment. But Frenchwomen, as well as Britishers, showed immediately that they were not prepared to accept any drastic change, and Paris realizes now that the barrel skirt has no change.

and the girl's brother was presently alarmed by her cries. He hurried into the Featlacs how chance.

Four leading London dressmakers informed me that there would be no spring and summer fashions this year. "In fact, we are not sending our buyers over to Paris at all," they said, "because we know how little Paris has to offer, and we know how little Paris has to offer, and we know how little Paris has to offer, and we know how little Paris has to offer, and we know how little Paris has to offer, and we know how little Paris has to offer. house and found his elster stringling with the farm hand. He ran for help and A. G. McClellan, a neighbor, responded, but when he arrived the farm hand had eccuped having robbed the house of \$17 and Mr. At-

ins's coat and fur cap.
The gor's defense with nails and fists

models." said one man, "we should cer-tainly not be able to sell them. There is no outlook whatever for our spring cus-tom, and no one seems in the least interthose first

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had been so unexpectedly vigorous that her assallant promptly released her. The farm hand has borne a good reputation heretofore. His description has been sent to Md., on a charge of bigamy

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