EVENING LEDGER-PHILADELPHIA, MONDAY, MARCH 19, 1917

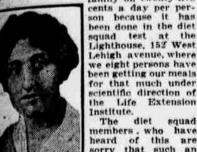


Educational and Should Not **Promote Family** Dissension

REALLY MEANT. TO TEACH Economy the Watchword and

Design of the Movement

By LISETTA NEUKOM The diet squad has raised a problem it is not intend to raise. It is now accused of causing dissension in where husbands think their wives be made immediately to feed the family on twenty-five



The diet squad members , who have heard of this are sorry that such an incident should come.

LISETTA NEUKOM I heard the accusation from the lips of a woman at the Lighthouse. She

Institute.

This squad will be the means of g up homes. Men think their wives hould be able to feed them and their fami-nould be able to feed them and their fami-nes on twenty-five cents a head, too, besume it can be done on the squad. 100, be-mes man who had a fearful fight with his wife because she cannot do it." SQUAD EDUCATIONAL

was angry about the squad, and she t seem to realize that the squad is an educational matter, and that women canhis thing in a day or a minute She herself took the stand of an irate

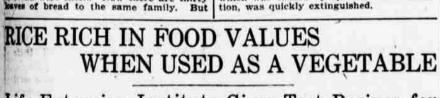
And she herself denounced the diet squad. Likely there are in the city of Philadel-pla many other persons who feel just as his woman does.

Now on this the last day of the two weeks' twenty-five-cents-a-day squad. It want to try to tell a few things that have been told to us by eminent speakers coning this very question-that men expect eening this very question—that men expect their wives to do this thing immediately. The aim of the diet squad is not to make model live on twenty-five cents a day, al-bough it can be done. The aim is to teach people that they do live too extravagantly and that they can use cheaper foods which have large food value and dispense with the ve ones which have little nourish-

TO ELIMINATE WASTE The aim is also to eliminate waste and such the American housewife to stop wast-

Dr. Alonzo E. Taylor, for instance, told a that in this country it has been found about one-third of the entire food supply is wasted. He said this same thing had held

"But the ward this same thing had need the in England before the war. "But the war has changed a great deal of the waste in England." he said. "For instance, I found that since the Government of England has cut down a loaf of bread a at Tacony and Duncan streets, Frankford week for each person that loaf of bread is aved, not wasted. In a family of six, for climbed in the second-story windows and then went down to the first floor. The fire istance, before the war thirty-six loaves of bread were eaten. Now there are thirty bayes of bread to the same family. But which was caused by spontaneous combus



Life Extension Institute Gives Test Recipes for High-Grade Dishes Prepared With One of

the people get just as much food and the six loaves are not missed, because the peo-ple cat the whole thirty loaves instead of caling just thirty and wasting the six." Doctor Taylor said the same thing is true in this country. He says the matter of re-ducing the cost of living is one education and the nation cannot expect to do it in a day. Harvey M. Watts, of the PUBLIC LEDGER, told us a similar thing. He told how a can-

Harvey M. Watts, of the PUBLIC LEDGER, told us a similar thing. He told how a can-vass of the garbage of the city of New York showed that the people of the poorer districts had much more garbage than other sections of the city had in comparison. "The frugal peasant who comes to this country loses his habits of thrift," said Mr. Watts. "He hears has is a land of plants Watts. "He hears he is in a land of plenty, and, of course, is carning more money than he ever did before in his life, so he thinks it

is not necessary to save, and he does not." He said, too, that in this country we have a tradition that teaches. "If you would live well, live extravagantly." The diet squad is aiming not to teach

that a family can live on just twenty-five cents a day and no more, but that it can live and get enough nourishment to carry on daily tasks and rebuild body tissues on much less than is being spent today if the wife but knows how to buy foods and pre-pare them so that the maximum nourishment is obtained

C. S. Kates, chairman of the food values committee of the Mayor's food investigation commission, told me that he knew that a diet squad had passed the experimental stage and that it had reached the demon stration period. "It is now a question of how we car

teach the American housewife how she can buy and prepare nourishing food for her family," he said, "and for that reason our committee, consisting of some of the leading food value experts in the United States, has recommended to the Mayor that we have a great demonstration and let the women of Philadelphia see how this can be We suggest that Horticultural Hall done. be used for two weeks, starting the last week in April, and that we make meals for five, six, eight and twelve cents, as they have been done on the diet squad at the Lighthouse. "This diet squad movement must not stop

when the two weeks are over. We must get the message over to the American housewife. And we hope to do it in Phila-delphia with the aid of from 5000 to 20,000 social workers and distitians and nurses all alding in the education of the American housewife."

Another man told me that he knew it was impossible for women to learn these things immediately, and he thought it a shame that some of the Philadelphia hus bands should blame their wives and threat-en to reduce the housekeeping budget beause the diet squad could live on twenty five cents a day per person and his wife ouldn't.

"It is a matter of education." that is what we have heard every day from the minent speakers who have been with us. From Dr. Eugene Lyman Fisk, the director of the Life Extension Institute, lown on through all the speakers it has een the same story.

Taking the consensus of opinion, most of the women are not to blame. All they need is a chance. They are just as anxious to reduce the cost of living as their husbands. We eight members of the squad hope we have helped blaze a trail and that the

work will go on and that we have not "dieted in vain." Bridegroom Missing at Wedding BALTIMORE, March 19. - Marie E Laake, a maid in a prominent family had

arranged to wed Richard Kurtzman, a jeweler and collector, and went to the church with her bridesmaids. The bride-Roses which have never before been seen groom failed to appear. by the public, together with scores of varieties of that beautiful flower which are Blaze in Lock Works Firemen who put out a slight blaze early oday at the Miller Lock Company's plant, known to all, will be on exhibition in the



gent. sharply The agent looked unhappy. He possessed noncomformist conscience, which at all times he found hard to reconcile with his profession "I wasn't living in Thorndyke at the time it happened, sir," he answered diplo-matically, "and you know what village gonsip is. "Then, of course, you don't happen to

believe in this particular story yourself?" inquired Carden, a triffe maliciously. The agent wilted visibly. "I-I really don't know what to believe,

he answered frankly. "There are more things in heaven and earth-and, anyhow, it's a fine property," he exclaimed in a burst of enthusiasm.

"I agree with you there," said Carden, transferring his gaze from the agent to the house—a square, substantial affair, built of gray granite, up one side of which clung a magnificent creeper, one blaze of crimst tendrils,

"Ghost or no ghost, I'm inclined to risk What do you say, Marriot?"

"That I'd like to hear more about that ghost before venturing an opinion." turned Marriot. "Remember, I've only heard scraps of the story up to now. It has something to do with that creeper, hasn't it?" He jerked his head in the direction of the flaming wall of leaves.

"My dear chap, that is the ghost." re-torted Carden impressively. "That creeper is the reason why people slink past the garden fence o' nights and the villagers will not enter the house for love or money. "Briefly, some four years ago a myster-

ous foreign gentleman took the Grey house on a long lease. He was accompanied by a charming girl, many years his junior, who It appears, had extraordinarily long and sliky black hair. The relationship between the two was doubtful, and was never explained by the pair, who kept to themselves and refused to have any dealings with the county people.

were here for six months, and "They then suddenly." he flung out one hand dramatically, "they were here no more. One fine morning they had vanished, lock, stock and barrel; but-now comes the strangest part of the story-for the first time a curious scarlet creeper clung about the

You see where it twines red arms round that first-floor window? Well, gossip will tell you that some time at night a man's head is seen leaning out of the window. with long tendrils of the creeper winding about his neck. It seems to me rather a wild story."

"You might add, sir," interrupted the agent, "that although the mysterious creeper has been cut down several times. has always grown again." "And what is the explanation of it all?"

asked Marriot curiously

The agent cleared his throat. "Well, of course, it's all nonsense, sir." he began apologetically; "but the village says that the gentleman murders? the lady—there was quarreling heard in the night, it seems -and that the creeper is her ghost

"What absolute rot it all is!" broke in Carden impatiently. But Marriot shook his head. "I shouldn't

take the house if I were you, old chap," he said seriously. "There seems to me something ominous about it. I felt it as I rode up. I feel it standing here and I don't like the looks of that creeper, either. It's

o confoundedly red." "Nonsense!" retorted Carden. "I think it rather an improvement myself. It brings up the color of that old gray stone so splen-didly. Anyhow, I think I'll risk it. I've no objection to a ghost myself, especially a young and pretty one."

A little breeze sprang suddenly up and stirred the leaves of the creeper, so that they shook with a pleasant rustling sound. Carden took a step nearer, and laid one hand upon the crimson leaves. It was ridiculous, of course, and it wouldn't tell the others, but as he touched the creeper it was as if the soft, cool paim of a woman's hand had curled daintily into

variety of roses growing, will be the prin-A few weeks later found Carden ininal single exhibit. Four hundred square stalled in his new domain. Partly out of a sense of bravado, and partly because it feet of real grass has been used in the a sense of bravado, and party because it streets. He said many of them sweep rub-happened to be the best room in the house, he chose for his own the one round the window of which the creeper clung with slender scarlet arms. exhibit. The grass was planted eight weeks ago in a hothouse and carefully nurtured

A STORY FOR SPARE MOMENTS When the Ghost Came

WELL, it doesn't look haunted to me." said Carden. Then he turned to the gent. "What's your opinion?" he asked en window in the room. When he awoke the next morning a few

faded red leaves lay upon the parquet by his bed. His fingers trembled slightly as he stooped and picked them up. He trembled more a minute after, for once again, as he touched them, it was as if a woman's hand had clasped his own.

Marriot, who, under protest, was stay ing with him, looked at him curiously at he sat opposite to him at breakfast.

"Seen anything of the ghost, old chap?" he inquired, with well-feigned carelesamoment Carden hesitated,

For a "No," he answered curtly, so curtly that Marriot, seeing that for some reason he was annoyed, changed the conversation. That evening, as they sat on the lawn

after dinner, Carden saw the woman red again. She was leaning out of bedroom window, her chin propped in her two white hands. The moon was up, so he could see her quite distinctly.

A plait of long black hair fell like an ebon streak across one shoulder; her mouth was a scarlet streak in the whiteness of her face. She was smiling, a little pensive smile that dream, ghost or living woman

rendered her absolutely adorable. He started nervously when Marriot ad-He started nervously when Marriot ad-dressed him. "By Jove' how sinister that creeper looks in the moonlight," he said. Carden found himself looking stupidly at an empty window showing dark against the night.

"That's because you don't know it." he began, dreamily, then stopped.

Marriot said nothing, but Carden, busily engaged in replenishing his pipe, had an idea that once again, as at breakfast, he ooked at him sharply.

It was only later on, when they separated for the night, that, seemingly irrele-vantly, he said: "I say, Carden, about that ghost, you know; I should fight shy of her f she were to visit you. .. lady who has been done to death by one man is not likely to feel enamored of the rest of the sex." He remembered afterward that there had

been a note of fear-as well as of contempt -in the boisterousness of the laughter with which Carden had greeted his remark

But Carden, when he found himself alone n his room, so full of the subtle scent of the creeper that his senses almost reeled, even to himself admitted no thought of fear. When he discovered that the wind had blown a few of the red leaves upon his pillow, where they lay glimmering in the electric light like great splashes of blood. he only laughed again and kissed them as recklessly as he would have kissed, had she been there, the woman's mouth He was late for breakfast the next morn-

ng-so late that Marriot, after long waiting, went and knocked loudly at his bedroom door. No answer came back-ther or afterward. When Marriot, alarmed at last, broke

open the door, the first glance showed him an empty, tumbled bed. The second glance showed him Carden kneeling at the open window. Wound tightly round his neck like the arms of a woman, were two long, slender strips of crimson creeper. Carden himself was dead.

VENDERS PLEDGE AID

TO KEEP STREETS CLEAN Storekeepers Blamed for Throwing

Rubbish Under Stands of Pushcartmen-Woman at Meeting

Pushcart venders, licensed to trade on Fourth street, have pledged themselves to do their share in keeping rubbish off the streets of Philadelphia. The pledge was given at a meeting of the pushcartmen in the building of the Young Women's Union, 428 Bainbridge street. It was convened by Mrs. Yedda Shoenfeld, head worker of the Young Women's Union Day Nursery, in order to co-operate with the Public Health Department in its campaign for clean and hygienic streets.

Morris Wattemaker, who has had a stand at Fourth and Bainbridge streets for eight years, accused storekeepers of littering the streets. He said many of them sweep rub

NEW YORK, March 19 .- Announcement

HERE COMES THE BRIDE AT THE GIMBEL STORE Display of Gowns for Weddings

and Other Functions a Treat to the Eye

Behind the scenes at a fashion show. Hurry and confusion might be expected, but there is no such thing as that at the style show which is being held today on the seventh floor of the Gimbel store.

A visit there this morning just as the 11 o'clock fashion show was starting showed just what system is used in preparing forty-five pretty girls to show women what clothes are "the thing" for the coming sea-

Getting a bride ready is considered one of the most elaborate things which can be staged in any home. But in the Gimbel store this morning a bride, maids of honor, flower girls and a half dozen bridesmaids were all dressed in the twinkling of an eye. System is the keynote of the whole af fair. That is how there can be a con-

tinuous procession of "pretty pretty clothes, which are on sale Gimbel store. Mins Gertrude New the genius behind the scenes, who about the costumes for the girls, says whether the proper combin shoey and hats and gloves has been The scenery, the wonderful stage with orange lightings and shrubber heauty raised to the nth power, as the starting of the models on their out through the audience, is the w

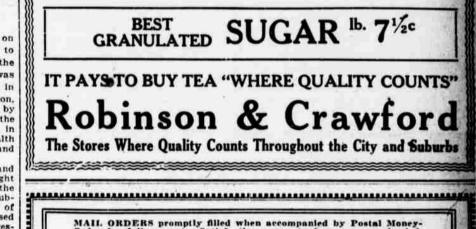
Georgette crepe predominates in -all-

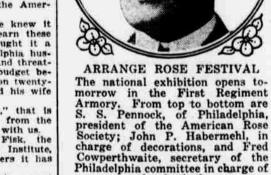
binations of silk, serge and satin, black and white gown for evening was a new creation which met with popul today. Tussah, rajah, and khakikool brought applause. The new sweater w and fihakikool skirt combination made in one piece, with the cuffs of khakik was an innovation of the morning with caused astonishment and admiration. brought applause. The new sweater

Another innovation introduced by m at Glimbel's this morning was the Ti gown, which a woman is to wear on occasions as a man wears a Tuxedo This gown has slarves and a high n the back with a medium neck in the and no collar.



buy a good supply, and at our present price "Gold Seal" Tea is a safe investment-your choice of black, mixed or assam.





the festival.

BEAUTY TO BE SHOWN

First Regiment Armory Will Be

Scene of Splendid Exhi-

bition This Week

First Regiment Armory, Broad and Callow-

hill streets, in the annual rose festival

which begins tomorrow and continues three

days. This is the first exhibit given by the

American Rose Society as a separate show,

and according to those who have the affair

in charge, it will be a huge success, if num-

A rose garden having an area of 1200

square feet, with ten of the most popular

ber of exhibitors count for anything.

ROSES OF RADIANT

Cheapest Articles Now on Market

IE amount of food energy in rice is little, rice, one cupful of tomato pulp (that is tothown to the average American housematoes which have been put through a

The American woman thinks that rice is a dish for a dessert—a rice pudding with raisins. Few know that it has as much Takins. Few know that it has as much food value as many much more expensive ness, For instance, just two-thirds of a mpful of rice and cheese as prepared by one of the recipes printed below has twice the feed value of a whole glass of milk or the miss of four slices of white bread, and mise of four slices of white bread, and wice the food value of a cup of cooked

When the housewife wants a palatable and a cheap nourishing dish she should not larget rice. Just now, when the high cost of living

hitting almost every article of food, it is mulfying to find that rice can be purw twenty-three cents.

ITALIAN RECIPES

The Italians of the city realize the food wise of rice. One Italian recipe takes one spful of rice. This should be poured slowly its four cupfuls of boiling water and cooked will soft, and then drained. Then it should be fried in butter and seasoned with a little of the this is done a supput of canned When this is done a cupful of canned bunatoes should be added and all cooked better until done.

Then there is another Italian rics dish, which requires the use of garlic. To make this first take three tablespoonfuls of olive and first take three tablespoonfuls of olive oil and in this fry one clove of a garlic which has been cut up in tiny pieces. Into his put one cupful of canned tomatoes or sea cupful of minced fresh tomatoes and cook all together. To this add three cupfuls of water and bring to a boil. Then slowly pur in one cupful of raw rice and boil all feather until the rice is tender.

The Life Extension Institute, under whose suspices the diet squad was held in this tity, hays special emphasis on the food value of rice.

TESTED USES OF RICE

Here are four recipes which the institute is tested and which have been used by the dist squad. They are worth saving. Such recipe is for five persons.

Stamed rice: ingredients-Two cupfuls whole rice or one cupful of broken rice; in cupfuls of water; four teaspoonfuls of al; four teaspoonfuls of fat.

It four teaspoonfils of fat. Directions—Let the water boil. Wash the rice in cold water. Drain. Put the alt and fat in the six cupfuls of boiling water, then put in the rice. Continually fir a until it starts to cook and then let t cook very slowly without stirring. When t a until it starts to cook and then let t cook very slowly without stirring. When t a cooked for about ten minutes, wash t of in hot water. Then put it in another it, with two teaspoonfuls of fat and set in achier pan containing hot water (use builts boiler if you have, one). Set on the of the stove and let steam, covered being until the rice is done. Realfoped rice and tomatoes: Ingredients Three-quarters cupful of rice, one and main teaspoonfuls of sait, hat cupful of the water, three-quarters cupful of the water three tablespoonfuls of a Waah the rice, drain it and then pour

analoes and three tablespoonfuls of a the rice, drain it and then pour to the aix cupfuls of boiling water, the one and one-half testspoonfuls the been added. Hell until the rice taif done, which will be about fifteen Then drain the rice and arrange layers with formatces in a sking dish. Dot over the tomatces of fat. Have the top layer of tinkis with a little sait and add ther Casif angle or merch to come

sieve), three tablespoonfuls of fat, pepper, half an onion, one and one-half teaspoonfuls of salt, two and one-half cupfuls of Nuss of sait, two and one-nait cupfuls of water. Add rice to about six cupfuls of boiling water and cook for five minutes. Remove from the fire and drain. Fry onion in a saucepan with the fat until it is light brown. Add the rice and cook, stirring constantly until the fat is absorbed. Add to

mato pulp, sait, pepper and water. Cook until the rice has absorbed the liquid and is tender. Mold in a cup and serve hot. CHEESE RECIPE

Baked rice and cheese: Ingredients-Baked rice and cneese: Ingredients-Three-quarters cupful of rice, five cupfuls of boiling water, one and one-half teaspoonfuls of sait, one-eighth pound of cheese and four tablespoonfuls of fat. Wash rice. Stir gradually into bolling sait water and cook until the rice is tender; that is, twenty-five or

thirty minutes. Into a greased baking dish put alternate layers of rice and grated cheese, dotting the cheese with bits of fat. Put into a hot oven for shout the of fat. Put into a hot oven for about ten minutes, allowing the rice to brown on top. Fat in these recipes means either butter or butter substitutes.

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ver since until now it is two inches high t was then clipped.

The American Rose Society, local bustness houses, individuals and floral concerns in all parts of the country have offered about \$5000 in trophies and money for the about \$5000 in tropines and noney for the best exhibit in 112 classes, including almost every known variety of rose. A prize of \$250 will be awarded to the rose grower who makes the best display of cut roses covering 200 square feet, with not more than 1000 nor less than 500 blooms. Second

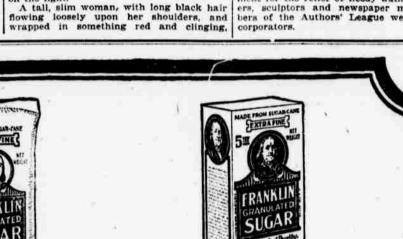
and third prizes total also \$250.

The first night or two, a little, perhaps, to his relief, although he told himself he

to his relief, although he should have a disappointed, he slept soundly, a long, heavy slumber, unbroken by dreams. But the third night he awoke suddenly to a feeling of intense discomfort. It was as if he were being strangled in his sleep. He sat up sharply in bed and switched on the light.

of which is to raise \$500,000 as an endow ment for the relief of needy authors, painters, sculptors and newspaper men. Mem-bers of the Authors' League were the incorporators

was made here today of the incorporation of the Authors' Relief Fund, the purpose



who has a stand at 722 South Fourth street Authors' Relief Fund Incorporated



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