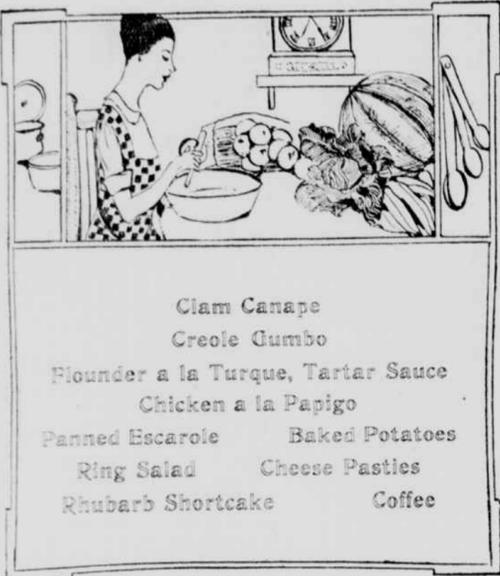


WOMAN'S VARIED INTERESTS

A DINNER MENU



- Clam Canape
- Creole Gumbo
- Flounder a la Turque, Tartar Sauce
- Chicken a la Papigo
- Panned Escarole
- Baked Potatoes
- Ring Salad
- Cheese Pasties
- Rhubarb Shortcake
- Coffee

Flounder a la Turque.
Flounder a la Turque is good at this season, for the flounders are particularly fine just now. Skin, trim, wash and dry one large flounder. On one side make a cut down the centre from head to tail and raise the flesh from the bones. Make a stuffing with two tablespoons of butter, two teaspoons of Worcestershire sauce, one teaspoon of chopped parsley, three tablespoons of bread crumbs, salt, pepper, half a teaspoon of powdered herbs, grated rind and juice of half a lemon, half a beaten egg and half a cup of packed shrimps. Mix thoroughly and insert under the fillets of flounder, leaving the centre open. Brush the fish over with the remainder of the egg, sprinkle with brown bread crumbs and bake for thirty minutes on a well buttered tin. Serve Tartar sauce with this fish.

Creole Gumbo.
Creole gumbo is made by adding to three tablespoons of melted butter one pepper, two onions, half a cup of raw ham and half a cup of raw veal. Chop all very fine and, stirring well, cook for six minutes; then add two quarts of hot stock and salt and pepper, cooking it for thirty minutes. Skim well and add one tablespoon of rice, cover and boil twenty minutes; then add twelve well trimmed and sliced ostras, two sliced tomatoes and one and a half teaspoons of Worcestershire sauce. Boil for thirty minutes, skim and serve in hot tureen.

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Dr. Wiley Blames Intemperance in Diet---a Most Tragic Fact in Life---for the Starvation of Rich Children

There Are More Rich than Poor Children Starving, Because the Unwholesome Messes the Wealthy Consume Are Beyond the Means of the Poor, the Veteran Pure Food Expert Observes, and Then Gives Fundamental Dieting Advice.

By Yetta Dorothea Geffen.

"**P**ITY the poor little rich child, starving in the midst of luxury! Oh, how pathetic it is! I have sat at the tables of the wealthy and watched their children consuming food in which there was insufficient nourishment, deprived of the wholesome foods that their little bodies were craving! It makes me sad to think of their poor, pale faces, their sunken eyes and chests, their rickety bones—all in the midst of luxury!"

This is indeed a new thought. Children of the rich starving? We cannot grasp it. Our minds refuse to connect wealth with starvation. Yet Dr. Harvey W. Wiley, the pure food and hygiene expert, proves to us that the former does not necessarily eliminate the latter. In fact, Dr. Wiley says that it is not, as a rule, the children of the poor that starve.

"No, the children of the poor get wholesome food, coarse food, because the sickening, unwholesome messes that rich children consume are expensive and beyond the means of the poor. That is why they are better fed than the children of wealth. That is why there are more rich children who are starving than poor."

He speaks with great force, not from a sense of dramatic delivery, but because he loves people.

"It is one of the most tragic facts of life—intemperance in diet. We shorten our lives by eating too much of one thing and too little of another."

"We fail to realize that a child needs a great deal larger percentage of building material than a grown person, for he needs not only enough to keep

up the weight that is continually being lost through the expenditure of energy, but an increasing amount to allow for growth. Yet, ignorant, we deprive him of the nitrogenous and mineral products he demands to build him up, and feed him sugars and starches that contain only heating properties.

"We should train a child in the principles of diet, so that he will know that what he eats is good for him. It can be done quite easily. We pervert a child's taste for wholesome foods, we teach him to crave sweets, and then wonder why he will eat nothing else. We scold him, too, and fret over his lack of appetite. The habit of eating candy or sweets of any kind is very pernicious. It is formed by giving the baby that first taste, that soon grows into a dreadful habit. Don't teach him to eat candy, and he won't do it."

"My three-year-old boy refuses to eat candy or cakes of any kind, He'll smell it, and then shake his head and say, 'No, I won't eat that. My daddy says it isn't good for me.' Yet you ought to see that boy! He is a type of physical vigor that 'Jack' Johnson would fear. His muscles are perfectly formed, his eyes are clear, his skin is perfect, and his teeth are wonderful as white and strong as they can be."

"The condition of the teeth, by the way, is all a matter of diet. Bad diet ruins the teeth, and had teeth ruin the health. The influence of the diet begins to work even before they appear, and brings teeth through the gums that are not teeth at all. Then, after they have come, they should be looked at carefully every day."

"There is no reason, however, why every child should not be like my boy. Feed him wholesome food products, like whole wheat bread, whole corn, whole rice, not the glazed kind, milk, potatoes, apples,

oatmeal—what we call coarse food. Don't give children meat. Meat is a food for adults, not children. I'm just beginning to give my boy a taste of it. He gets only a few tiny bites of the white meat of chicken with his rice on Sundays, for variety. But think of the children who are given meat every day—twice a day, sometimes—from the time they are babies!"

"Give him cornmeal mush of whole cornmeal with milk. Back there in the country where I come from they bring up their children on cornmeal mush. I was brought up on it, and brought up quite a distance, too, you see!"

Dr. Wiley is a giant of a man, dynamic, vigorous, with a voice that rumbles like the gentle growl of far-off thunder. They say he is seventy-one years old, but you can't believe it. It's too amazing. You would judge him to be, say, forty-five, perhaps. Or you might stretch it to fifty, and consider him young for his age. But seventy-one, with that great, straight frame, that vital personality, that rugged skin marred by hardly a wrinkle, with his healthy tan and the red that challenges his narrow ribbon of the Legion of Honor, and the hair that is thick and black, with just a sprinkling of gray—it's preposterous! If cornmeal mush will do it, why, why isn't every child brought up on cornmeal mush?

"I cannot say enough against the fat habit—the forming of a taste that craves sweets in excess. The fat baby is not the healthy baby. It often denotes an alarming state of ill health. A well known baby's food company advertises that it 'makes babies fat as pigs.' You don't want your baby to be like your pig!"

"The one food for babies, and the food that should form the basis of the diet of all children, is milk, milk with all its lime and phosphoric acid. It is the most perfectly balanced ration that nature has given us. It's the same for grown-ups."

"We should always drink milk, drink still more milk, and then again milk. Don't stop giving a baby milk when he's weaned. That's just when you should begin to give him clean, wholesome milk from healthy cows, not sugar and starch. Milk is the wheat of the child's diet, and wheat the milk of the adult's."

pointed postillion, dropping flatly upon winter's coat. In sand colored gabardine Drexell has launched a frock suit calculated to induce any girl to reconsider her hasty taboo of that over-worked shade.

Bolero Embroidered with Braid and Buttons.
Its bolero, heavily embroidered with floss and braid in self-tone, separates over a deeply pointed, hip long waistcoat carrying a double row of tiniest buttons in white. Gabardine covered buttons of goodly size trim but do not make a pretence of fastening the jacket, and slightly smaller replicas of these buttons are on the narrow sleeves fitted to arm-eyes whose tops are overlapped by elaborately embroidered revers of so broad and square a type that they dominate the fronts of the bolero.

The back extends below the waist line into a solidly embroidered, long-

greenish hue—which have survived last winter's craze. In sand colored gabardine Drexell has launched a frock suit calculated to induce any girl to reconsider her hasty taboo of that over-worked shade.

White satin and silver, if sparsely and cleverly applied to a frock suit, give to it an air of distinction wholly out of proportion to the amount of glistening material used. The simpler the costume the more effective are



"The question of diet is fundamental to the prosperity, the efficiency and the welfare of the country. The cost of living, too, all depends on the way we balance our rations."

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TINY FLAGS TO AID RELIEF

Countess de Hemptinne to Sell 100,000 Belgian Ensigns Here to Raise Funds—Money Will Be Presented to King Albert.

Belgian flags are to fly from American buttonholes to raise money for needy Belgians. The Countess de Hemptinne has 100,000 of the tiny flags which she is going to sell at prices ranging upward from five cents. The buyer fixes his own price. Every flag bears the portrait of King Albert.

More than 3,000 women have volunteered to help in the flag sales in New York. Application may be made to the Countess de Hemptinne at the Plaza Hotel. She will leave for Philadelphia on April 10, and her place will be taken by Baronne Henri de Beville, of 250 West Ninety-fourth Street. The sale will be extended to include all parts of the country.

When the money is presented to King Albert it will be wrapped in a large United States flag, given by Mrs. A. J. Moulton, of 4 East Sixty-first Street.

Mme. Lalla Vandervelde, whose husband is Belgium's Minister of State, will sail to-day on the Lusitania, having raised more than \$300,000 for her countrymen during her visit in the United States. She called at the office of the Commission for Relief in Belgium yesterday and left contributions amounting to \$1,801.

Friends of Mrs. Helen Hayes Gleason, of New York, got word yesterday that she had been decorated by King Albert as a Chevalier of the Order of Leopold. The honor was conferred upon her at La Panne, one of the three Belgian towns still under the sovereignty of King Albert. For four months Mrs. Gleason has been serving with an ambulance corps just behind the trenches at Perwez, Belgium. Her husband, Arthur Gleason, a writer, is with the same corps and helped bring the wounded out of Dixmude under fire.

Contributions of \$2,263.60 brought the Belgian Relief Fund up to \$1,019,522.58 yesterday. Mrs. D. Cady Eaton gave \$200, Barber & Co. \$200 and James B. Williams \$100. Gifts to the Committee of Mercy amounted to \$776. The committee's fund is \$140,143.16. William H. Nichols, of New York, and Mrs. Robert Patterson, of Washington, gave \$100 each. Contributions acknowledged by the American Jewish Relief Committee amounted to \$18,246.73, increasing the total relief fund to \$589,943.26.

Two thousand dollars was distributed yesterday among the committees co-operating with the Belgian-American Relief and Unemployment Fund. The executive committee sent checks of \$500 each to the Vacation War Relief Committee, the Committee of Mercy, the Belgian Relief Fund and to the Mayor's Committee on Unemployment. Although it had been planned not to distribute funds until the close of the "whirlwind campaign" which is to open next week, urgent appeals from many sources made necessary an advance payment.

Colonel Alfred Wagstaff is chairman of the fund's executive committee, and Frederick T. Frelinghuysen, secretary, is marshalling the campaign workers. Among those who are to help with

the work are Otto H. Kahn, John G. Agar, William Henry Barnum, Mortimer L. Schiff, W. Barclay Parsons, George Middleton, Gerald Hull Grey, Gordon Knox Bell, Percy Mackaye, J. Leslie Cotton, Harry Harkness Flagler, Dr. Charles Hitchcock, Harry B. Hollins, Jr., John Emery McLean and Dr. Edward L. Partridge.

A little boy up in Michigan wants a sister. He decided that she must be a Belgian. So he wrote to the Belgian Relief Commission, sending 75 cents for Princess Marie Jose's Easter ship and stating his needs frankly and briefly. His letter follows:

"I am boy eight years old, only child, pa doctor, am praying for Belgian sister. Please send me one."

Kitty Hansen, of Millertown, N. Y., wrote that she would like to win one of the three prizes offered for the best messages written to the little princess. She wants it so she can turn it in again to the fund and make her gift so much the greater. This in spite of her assertion that "my father is some poor and we are eight children." Kitty is nine years old.

The British War Relief Association, Inc., is organizing a subscription fund among New York physicians to send an ambulance to the front. Major Louis Livingston Seaman, M. D., president of the association, gave \$100. Among other gifts acknowledged yesterday are \$50 from Mrs. Whitelaw Reid and \$50 from Cecil B. Ponsonby.

Nine members of the American Red Cross Sanitary Commission sailed for Naples yesterday on the Italian steamer Duca d'Aosta. They were Dr. Thomas W. Jackson, chief sanitary inspector; Dr. Hans Zinsor, bacteriologist; and Drs. Andrew W. Sollars, George C. Shattuck, F. B. Grinnell, B. W. Caldwell, W. B. Standifer, Luis de la Pena and Hobart D. Brink.

Seventy thousand Jewish soldiers have died for the Czar, according to information received by the American Jewish Relief Committee. The committee also reported yesterday that nearly half a million Jewish refugees from Galicia are in Vienna, and that sixteen small towns in Russian Poland have been abandoned by their Jewish residents, numbering about thirty thousand persons.

The Rockefeller Foundation has reported to the committee that the sufferings of the Jews and the persecutions to which they have been subjected in East Europe are not exaggerated in the newspapers of this country. The committee points to one report which announces that 25,000 Jewish refugees on the verge of starvation have arrived in Kielce and that 25,000 more Jews have been expelled from various towns and villages in Russian Poland. In Bohemia, says a report of the American Jewish Committee, there are 70,000 Jewish Galician refugees, all of whom are in the greatest distress.

Six hundred thousand dollars has been collected by the committee, of which \$567,000 has been appropriated for the relief of the sufferers in the war zone.

FRENCH AUTHOR SEES POETRY IN NEW YORK NOISE AND RUSH

M. Jules Bois, Gazing on Grand Central Turmoil, Feels "True Romance, Epic of the People"—War, He Says, Has Revived Faith of France.

"A city of poetry, compelling, powerful, that is how New York appears to me."

In his suite at the Biltmore yesterday afternoon, Jules Bois, member of the Legion of Honor, playwright, psychologist, poet, dwelt on the mighty lyric which he said was New York. From his window one caught a glimpse of the shabby buildings of Forty-second Street. Below, in front of the Grand Central Terminal, the air was filled with the roar of traffic, was blue with the smoke of taxicabs.

For a moment the stocky black bearded Frenchman listened to the squeak of auto horns, the rattle of drays, the cries of the newsboys, and the shrill whistle of the traffic policeman. Then he went on:

"My friends have laughed because your city impresses me thus. Some of them have said that I am a flatterer. That is false. New York holds for me what I have seen in no other city I have ever visited—poetry and romance. Not the romance of the old school which always hung somewhere 'twixt heaven and earth, unapproachable, but the true romance, the great, new throbbing poetry—the epic of the people."

He paused and looked at the white facade of the station across the street. Then he continued in his careful English:

"If you don't understand me, go to your station there, and watch the real poetry sweep past you all day long, the good man who weeps on parting from his dear lady; the tiny boy, off to school and a world he does not know, with a timid awestruck face. Here you are in the presence of the real romance. Stations and waterfronts, they are filled with it, the world over."

"But your mighty city is more than this. Here one feels the virile determination to do, the soul of a people who accomplish. Your skyscrapers show this. In Europe, man is so bound by tradition that he is never his best self. Here you make your own ideal. You are young and you do things. Perhaps your skyscraper is the best symbol of your might, chaste, unlike anything else in the world."

A leader in religious thought in his own land, M. Bois was enthusiastic in his comment on the tremendous revival of faith which has swept over France since the beginning of the war.

"We all believe now," he exclaimed, "it is a tie which binds us together as one people. Each of our mothers is now a Madonna who is joyful in the fact that she has given a son to save her race."

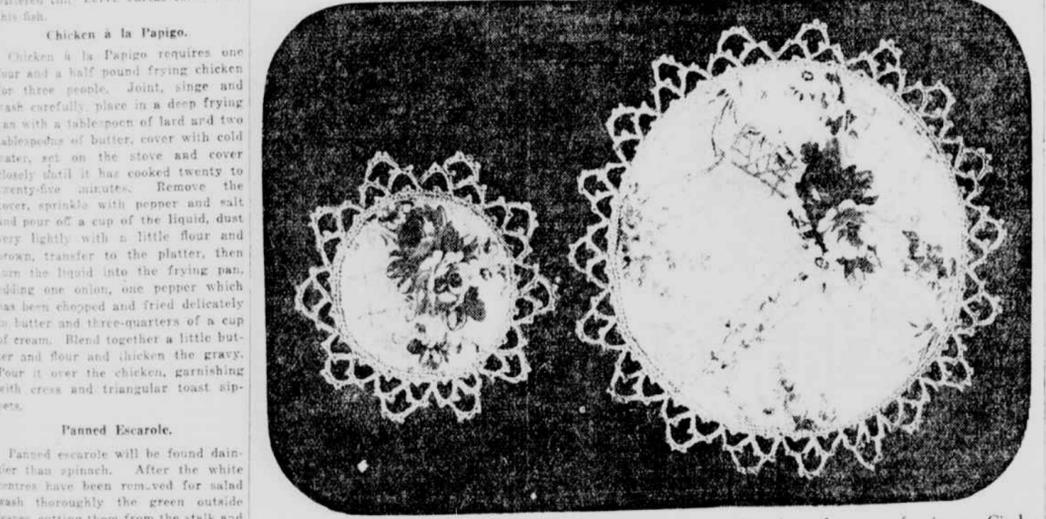
M. Bois landed in New York a week ago. He explained yesterday that the trip was partly for his own pleasure and partly to accomplish a mission which had been entrusted to him by the French Minister of the Interior. He will take back to Paris in June a report of the agricultural prospects of the United States, which report, it is understood, will have a direct bearing upon where France purchases her food-stuffs for the next year.

"There is no feeling of bitterness or resentment among us because of American neutrality," he insisted yesterday. "The French people understand that this is not your war. Rather, we are grateful to you for the great aid your citizens have rendered us in the hospital work."

McKintley Memorial Site.
Youngtown, Ohio, April 2.—Papers were filed in Trumbull County courts to-day regarding the transfer of nearly \$100,000 worth of real estate in Niles to the city of Niles. The land purchased will be the site of a \$500,000 memorial to the late President McKintley, who lived at Niles. The money for to-day's purchase was provided by a municipal bond issue at Niles.

Miss Russell to Tell Secrets.
Miss Lillian Russell promises to tell all her beauty secrets at the Woman's Industrial Exposition in Grand Central Palace, beginning next Saturday. Each afternoon at 4:30 o'clock she will talk mental and spiritual beauty, sharing her thoughts on diet and exercise. Gustave A. Blumenthal will speak on Monday afternoon and evening, April 12, on "What Your Daughters Can Do." These lectures are for mothers.

Cretonne Summer Bungalow Doilies



These cretonne doilies blend harmoniously with the bright colors of summer furniture. Circles of the cretonne in any pattern preferred, can be cut out and finished as these are, with a crochet edge. The cost of the material for a set of thirteen doilies was 80 cents.

Spring's Ideal Street Costume a One-piece Frock Suit

With the arrival of spring's moderately mild days, simultaneously there will appear upon the streets walking costumes of an ideal type. These are the frock suits which go on as one piece, but nearly always look like a jacket and skirt. The jackets are jaunty and appealing, and usually carry the embroidery, stichery or braid used to make the costume elaborate.

But rarely is this, garnishing in startling contrast. On a marine blue frock the red