

## SOCIAL Activities

### ENTERTAINMENTS WEDDINGS BETHROTHALS

**M**RS. WILLIAM F. SANDSTROM, 4465 Carrollton Ave., entertained Saturday with luncheon for six at the Spink-Arms, followed by a theater party at English's honoring her aunt, Mrs. Louis Meyer, who is visiting her.

Mr. and Mrs. Joseph Sandier, 1115 Union St., were to receive informally Sunday from 3 to 6 p. m. and from 8 to 11 p. m., honoring their daughter, Miss Ann, and Saul Hossman, whose engagement has been announced. There were no invitations.

Mr. and Mrs. Floyd Hassler, 2202 Paris Ave., and children, Dorothy and Donald, have gone for a month's visit with Mrs. Hassler's sister, Mrs. Omar Gilbert, in Los Angeles, Cal.

Miss Emma Belle Stutz, Thirty-Second and Meridian Sts., invited a few friends for a dinner party Saturday night at the Indianapolis Athletic Club, honoring Miss Wanda Feldman and Helen Lucken of Dayton, Ohio, house guests.

Tickets for the children's luncheon for Jackie Cogan Aug. 1 at the Claypool will go on sale Tuesday. The affair is sponsored by Indiana Indorsers of Photoplays.

Miss Mildred Benton, 3367 Park Ave., has gone to Alexandria, Ind., for a week's visit with Miss Eileen Mahoney.

Miss Alma Bredewater, daughter of Mr. and Mrs. George A. Bredewater, 1114 Oliver Ave., and Walter La Wall were quietly married Saturday morning at the home of the officiating minister, the Rev. C. A. Hildebrand, 214 Parkway Ave. The bride was unattended and wore a gown of white crepe satin trimmed with powder blue, with hat and accessories to match. Her corsage bouquet was of Ophelia roses. Only the immediate families witnessed the ceremony.

After an informal wedding breakfast for the families and a few intimate friends, Mr. and Mrs. La Wall left for the Great Lakes. They will be at home after Aug. 1 at 450 N. Dearborn Ave.

Honor guests at the morning garden party to be given by the Welfare Club at the home of Mrs. William Bartlett Jr., 5671 Central Ave., Monday were women from the Home for Aged Women.

A program during the morning included vocal solos by Mrs. Walker Taylor Sr., accompanied by Mrs. William Herbert Gibbs; a solo by Miss Susan Gray Shedd, pianist, accompanied by Richard Hoberg, flutist; fan dance by Miss Joan Baylor, and a musical monolog by Walter Taylor Jr.

The Cedars of Lebanon Club will meet with Mrs. H. G. Brown, 322 N. Ritter Ave., on Friday, Mrs. S. R. Artman will read a paper on "The Preparation of Mummy Heads in South America." Mrs. Carl R. Day will talk informally on "Lebanon Memories." A musical program will include selections by the Cedars quartette and solos by Mrs. Mollie Hiatt of Darlington, Ind.

Assisting hostesses will be Mrs. Anna Nealls, Mrs. Gurtha Stephenson and Mrs. Madge Dawson.

The Altrusa Club met for luncheon at the Lincoln Saturday. Announcement was made of a board meeting Monday at 900 Indiana Pythian Bldg.

Dr. H. C. Percival, 1705 E. Michigan St., and Dr. J. H. Conough, Odd Fellow Bldg., left Friday for Carlisle Barracks, Pa., where they will spend two weeks in the dental Reserve Service.

More than two hundred families attended the informal opening of the Avalon Country Club Friday. Committee included Mr. and Mrs. Harry O. Yockey, Mr. and Mrs. Herbert Luckey, Mr. and Mrs. Irwin Cotton and Mr. and Mrs. Willis Coval.

Following a dinner at the club house there was a fireworks display on the lawn and an informal dance on the pier at the bathing beach.

Construction of the golf course will be started next week.

Among out-of-town guests were Mr. and Mrs. D. H. Lamort, Chicago; Mr. and Mrs. J. H. Merriek, Chicago; Mr. and Mrs. E. S. Hawkins, Decatur, Ill.; and Mrs. P. W. Leonard, Cleveland, Ohio.

Miss Gertrude Schuller, 3670 N. Delaware St., is visiting in New York.

Mrs. Ethel Sumner and Joseph McKay will present their piano and violin pupils in recital Monday at 815 p. m. in the Crosey Auditorium. Taking part will be Virginia Hamilton, Dorothy Edwards, George Wolf, Dorothy Beamblossom, Louise Wolf, Sylvia Brown, Mary Jane and Frances Fillenig, Hilba Bell, Juanita Hunt, Mary Pence, Wilma Gage, Kathleen Ryland, Lucille Whitford, Alice Dickey, Fern Steele, Raymond Duffin, Charles and Ethel Rheinbaugh.

Mr. and Mrs. J. C. Coffey, 3815 N. Pennsylvania St., and daughter, Miss Helen, have gone to Michigan for the summer.

## Two Roses

Two roses on the shoulder, one pointing backward and one forward, is an interesting effect on an evening gown.

## FABLES ON HEALTH

### On Blowing Noses

**D**IRTY noses might generally be found upon the Mann children, particularly after they had been playing in the streets and back yards.

This was always more than a little annoying to Mrs. Mann, who tried to teach them to keep their noses clean.

And like most mothers there was one thing she could not tolerate; that was the picking of the nose with their fingers. Alas, this is not confined to children, and, besides being a practice disgusting

## Indiana Business Women's Clubs Prepare for National Meeting



MISS LOUISE A. ROSS



MISS FORBA MCDANIEL



MISS ELSA HUEBNER



MISS ADELE STORCH

The national convention of the Federation of Business and Professional Women's Clubs at West Baden, July 21-26, is in the hands of Indiana hostesses.

Monday morning before the formal opening a state convention will be held. A banquet Monday night for the Indiana representatives is being planned.

Miss Forba McDaniel is chairman of registration; Miss Adele Storch, secretary of the Indiana committee; and Miss Elsa Huebner, president of the Women's City Club, Miss Louise A. Ross is president-elect of the Indianapolis Business and Professional

Women's Club, and Miss Marie D. Larsh, retiring president.

Tentative plans for a lawyers' dinner have been made. Miss Eva Reynolds is in charge of a radio luncheon at which a prize will be given the representative from the greatest distance away who heard a recent program broadcast by the local clubs.

On Wednesday night of the convention, plans are being made for a dinner for newspaper women, at which Miss Ruth Rich of New York, editor of "The Independent Woman," will preside.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

## Martha Lee Says

### 'Dad' May Hold More Respect Than 'Father'

The modern young person frequently is accused of lacking respect for his parents. The way in which he takes his affairs into his own hands, regardless of the wishes of his mother and father, the way he addresses his parents by their first names, the way he criticizes them—these are seen as serious faults.

The truth of the matter is, not that the modern young person lacks respect, but that he no longer accepts his parents "as is," unthinkingly. He recognizes his parents' duty toward him, as well as his duty toward his parents.

A father and mother receive respect and love from their children in proportion to the way they encourage it. The stern father who "demands" that his children respect him, without giving them reason for doing so, may succeed in making his children fear him, but he cannot win a lasting influence.

The father whose children call him by his first name occasionally, who twit him about his ties, who laugh at him as well as with him, frequently commands much more respect. It is a respect born of love—the only kind worth while.

## Bad Example

My Dear Miss Lee: I am a girl of 16. My parents are the fussiest, most nagging, fault-finding people I ever have known. I am a rather easy-going person, and it surely takes a lot to make me angry. My parents often have said that they cannot understand why my sisters and I do not get along with them as other children do.

Now, Miss Lee, here's why: As long as our parents cannot control their own tempers, cannot come to agreements, on hardly anything, how can they expect to make their children respect and obey them? I say it is impossible.

The children, like all others, were born in this world free of sin, pure little things. They would have known nothing about fussing and fighting if our parents had not taught us in a rather indirect way. We are the most unhappy family north of the creek. On those points, do you agree with me?

R. C. Oh, no, you're not the "unhappiest family." You just think you are, as so many other families think.

I do agree with you in this matter of respecting your parents. They cannot expect you to show respect for them until they show respect for themselves and each other. I am even radical enough to suggest

## WOODMEN HEAR WATSON

More Than 10,000 Attend Log Rolling at Rushville.

**R**USHVILLE, Ind., July 5.—Senator James E. Watson was the principal speaker at the twenty-fifth annual log rolling of the Modern Woodmen of Indiana, attended here the Fourth by more than 10,000 members.

Marion Camp, No. 3558, won the drill team championship and Park Camp, No. 6684, both of Indianapolis, was third. Muncie was second. More than 1,000 boats and automobiles were in the annual parade.

## INDUSTRIAL CLUB GIRLS AT CAMP

Swimming, Baseball and Hiking on Program.

GIRLS from the Y. W. C. A. Federation of Industrial Clubs for the Fourth and the week-end engaged the Girl Scout camp, north of Broad Ripple. Miss Dorothy Bean, industrial secretary and Miss Gertrude Sykes and Katherine Kautz, members of the industrial committee, were chaperones.

The program included swimming, baseball and hiking. The Fourth was celebrated with fireworks. Saturday night a lantern celebration was arranged.

The girls at the camp include Misses Bethel Mae Keeling, Chloe McHenry, Margaret Stange, Myra Majors, Fern Bowers, Clara Vincent, Dorothea Nordholt, Gertrude Smith, Josephine Johnson, Margaret Stiers, Rosemary Murray, Gertrude Fox, Eleanor Salmon, Ruth Keep, Vera Campbell, and Mrs. Edna Martin.

## Y. W. C. A. Notes

The Federation council will hold a business meeting Tuesday at 7 p. m. The Federation will meet Wednesday night at the home of Miss Katherine Kautz, 4059 N. Pennsylvania St.

The splashes and the members of the athletic association will have a hike Sunday, July 15.

Girls who play tennis at Brookside Park are planning a picnic to follow their tennis playing Friday.

The party which the Tadpoles had planned for Friday night has been postponed until the third week in July.

On Wednesday night of the convention, plans are being made for a dinner for newspaper women, at which Miss Ruth Rich of New York, editor of "The Independent Woman," will preside.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

Mrs. Mary Stubbs Moore is chairman of the program committee. Miss Katharine Hinch of the Woman's Rotary Club of Evansville, Ind., is general chairman for the Indiana convention.

## PARTY HONORING NOMINEE TO BE GIVEN BY WOMEN

Members Named for Receiving Line for McCulloch Reception.

For a reception for Dr. Carleton B. McCulloch, Democratic nominee for Governor, to be given Friday night at the Claypool by the Seventh District Democratic Women's Club, these persons have been named to receive with Mrs. John W. Treneck, president, and Dr. McCulloch:

Senator and Mrs. Samuel M. Ralston and Messrs. and Mesdames Thomas R. Marshall, Richard M. Coleman, John Downing Johnson, Philip Zocher, Walter O. Lewis, Thomas Taggart, Walter Chambers, A. D. Egan of Leansport, James J. Riggs of Sullivan, William J. Mooney, Walter Myers, Frederick Van Nys, Frank C. Daley, Edgar A. Perkins, Bernard Korbly, C. B. Clarke, William L. Elder, Dick Slack, Isaac Ryan, A. C. Ryan, Dick Miller, Fred Hoge, Evans Woolfin, Meredith Nicholson, Peter C. Kelly, Henry L. Dithmer, George A. Weber.

Mesdames John W. Kern, Anna B. Markey, Mary B. McNeill, Frank Lyon, J. P. McGinley, Mary S. Ruppberg, Henry Crossley, F. H. Russ, J. P. Dunn, Bob E. Cronson, Laura Cross, Elizabeth Moore, Thomas E. Ellis, W. P. Davis, William Christian, Frederick Bodenmiller, William Curry, Alma Steider, Ruby Hendeman and Gertrude McHugh, Dr. Hanna Graham, Judge and Mrs. M. B. Hart, Dr. and Mrs. W. H. Bobbitt, Russell Ryan and Reinald Sullivan.

The regular business women's luncheon will be held Tuesday at the clubhouse, 22 E. Vermont St., with Mrs. Carl D. Weaver as general chairman. Assisting hostesses are Mesdames Loran D. Fugate, Garrett Kirby, John Bingham, Edwin Leckner. Honor guests are to be Mrs. Thomas R. Marshall and women delegates who have returned from the national convention at New York.

## Drops Dead Talking

**N**OBLEVILLE, Ind., July 5.—C. Wesley Likens, 67, farmer, dropped dead Friday evening while talking to a relative in front of his home.

Henry Towns Reported Missing

H. C. Towns, 539 N. Alabama St., reports his son, Henry, missing from 2133 Park Ave. Towns said Henry is slender and has light hair and blue eyes.

While Men Gave Their Lives in the Last Great War

Mates, Watching, Suffered With the Very Fibre of Their Hearts.

By MRS. WALTER FERGUSON

No one can be more vitally interested in the establishment of world peace than women, and it would be well if all wives and mothers could give up, if only for a day, their bridge and mah-jongg parties, their motor and golf, their tennis and dancing, and even their household tasks, to study this momentous question.

Surely we of America, like our sisters in Europe, long for the day to come when wars shall be no more. And it is upon the women that this curse wreaks its most terrible devastation. Men remain until their health and their lives, but from women it demands the very fiber of their hearts. They must watch it lay waste their homes, devour those whom they love and crush the very dreams of their souls. It takes from them something more precious than life—love and hope. The women do not die from wars—they only have to watch and endure and go on living.

And for every man who has fallen under the ruthless blade of conflict, some woman has gone down to the very gates of death that he might live. What she has produced in travail and loved in ecstasy, men have destroyed in a breath.

Women have endured much from men since the beginning of time, but the breeding of wars must always be our greatest indictment against them.

The last great offense which befallen nothing on any man, widowed England and France and Germany, crushed the womanhood of Belgium and wounded the morals of America. It was as useless as it was unwarranted and as vain as it was foolish.

Since the foundation of civilization, mothers have borne sons that others might slay them, and while men have battled, women have wept.

This is our opportunity. We must have world peace, if not for us then for our children, and if our future history reads anything like our past, we can never have this unless the women take a hand.

**DIES DRIVING MACHINE**

Indianapolis Man Stricken With Apoplexy Near Greenfield.

Body of Homer Trisler, 67, who died Friday afternoon of apoplexy northwest of Greencastle, Ind., will be brought to his home, 511 N. Illinois St., Mrs. Ella Trisler, his widow, said today. Mr. Trisler was driving his machine when he suddenly stricken. The body will later be taken to Bloomington, Ind., his former home, where funeral and burial services will be held Monday morning.

Besides the widow Mr. Trisler is survived by two sons, T. O. Trisler of Indianapolis; Raymond Trisler, a daughter, Mrs. Edith Bouden, both of Bedford, Ind. Two brothers, Donald and Melvin Trisler of Indianapolis, and two sisters, Mrs. Elizabeth Shields of Oklahoma and Mrs. Ella Updegraff of Smithville, Ind., also survive.

**Dish Throwing Charged**

Harry Spray, 55, 1310 Spann Ave., employee at La Salle Lunch Room, 217 S. Illinois St., is under arrest, charged with intoxication and assault and battery. Miss Grace Fife, 1319 N. Pennsylvania St., manager of the lunch room, told police Spray hurled a dish at her head.

**Black Coat**

The black coat, straight and long, lined with blue and white flannel silk, is worn with a dress of the same material as the coat lining, and with a smart black hat.

**Lingerie**

Summer lingerie takes into consideration the bellows frock and slips and combinations have flounced decidedly considerably below the waistline.

**Black and White**

A wrap-around skirt of black and white flannel is most attractive with a sleeveless jacket of plain black flannel and a blouse of white silk broadcloth.

**Street Dresses**

Black satin dresses for street have jabots of white lace and shoulder capes lined with white gorgette.

## TOM SHIPP EMBARKS ON 'S. S. MATRIMONY'

Former Indianapolis Man Falls Before Cupid's Darts—Bride Hails From South Dakota.



MR. AND MRS. TOM SHIPP

**N**EW YORK, July 5.—Thomas R. Shipp, newspaper man, advertising expert and publicity promoter—Washington, D. C.'s best known bachelor—has lost his title. For so many years that the situation seemed to have become a permanent one, Tom Shipp withstood the charms of the fairest daughters of Indianapolis, Miami, Fla., Washington and New York, all of which places he calls "home."

Then along came little Miss Hope Neidig of Plankinton, S. D.—The Little Church Around the Corner, Bang! Another title gone! The newlyweds sailed on the Leviathan for London, where Shipp thinks he is going to devote a lot of time to the annual meeting of the Advertising Clubs of the World.

Shipp for a number of years was engaged in newspaper work in Indianapolis. In 1902 he became private secretary to Albert J. Beveridge, then United States Senator. This position he held for five years. He was editor of the United States Forest Service in 1907-08. He also was connected with a number of congressional committees in various capacities. In 1912 he was the Republican nominee for Congress from the Seventh district, but was defeated in the election by Charles Korbly, the Democratic candidate.

**LOSE WEIGHT**

Breakfast—One large glass orange juice, 1/2 cup uncooked cereal, 4 tablespoons whole milk, hot water. Luncheon—Salad a la Elysium, 1 slice whole wheat bread, 1 cup raspberries, 1/2 cup cream milk. Dinner—One cup cream of spinach soup, 2 baked eggs, 10 stalks asparagus, 4 radishes, 2 large green olives, 12 slices cucumber, 1 thin piece giuten bread.

Bedtime—One cup skimmed milk. Total calories, 1,174. Protein, 23%; fat, 30%; carbohydrate, 64%. Iron, .0177 gram.

**Salad a la Elysium**

One-half cup cottage cheese, 1 tablespoon currant jam, 1 small head lettuce.

Wash, drain and crisp lettuce. Arrange the leaves loosely in a salad bowl. Sprinkle cottage cheese through leaves. Add jam, a little at a time, scattering it over the cheese. Total calories, 183. Protein, 48%; fat, 19%; carbohydrate, 125. Iron, .0008 gram.

**GAIN WEIGHT**

Breakfast—One large glass orange juice, 1 cup uncooked cereal with 1 sliced banana, 1 teaspoon sugar, 1/2 cup cream, 2 pieces toast, 1 tablespoon marmalade, 1 tablespoon butter, hot water.

Mid-Morning Lunch—One cup whole milk. Luncheon—Salad a la Elysium, 2 nut bread and butter sandwiches, 1 cup raspberries, 1/2 cup cream, 1 tablespoon sugar, 1 large piece sponge cake, 1 cup weak hot tea.

Afternoon Tea—Large glass iced tea, 3 tea sandwiches. Dinner—One cup cream of spinach soup with 2 tablespoons whipped cream, 2 baked eggs, 4 tablespoons potatoes au gratin, 10 stalks asparagus with 1 tablespoon melted butter, 4 radishes, 2 olives, 12 slices cucumber with 1 tablespoon French dressing, 2 slices whole wheat bread, 1 tablespoon butter, 4 tablespoons chocolate soufflé.

Bedtime—One cup whole milk. Total calories, 3,921. Protein, 40%; fat, 1,628; carbohydrate, 1,592. Iron, .019 gram.

More currant jam should be used with the cheese for this salad. The cheese is made moist with cream and well seasoned with sugar and lemon juice.

The only value in the iced tea lies in the sugar and lemon juice you use in it. The sandwiches of course are real food but a tea sandwich is so small that only 100 calories are as good as the work.

**COUNTY MUST PAY**

Not Excluded From License-Law Official told.

County owned vehicles have to pay licenses the same as individuals, according to Attorney General U. S. Lesh.

Wilbur Robinson, highway superintendent of Grant County, learned this when he protested having to purchase licenses for trucks used in highway building.

He found that the 1923 license law did provide for exemption of county vehicles, but since the law has been declared unconstitutional, the State is operating under the old law which does not exclude the county autos.

**Scientech Club to Picnic**

The annual picnic of the Scientech club will be held at Northern Beach at 2 p. m. next Saturday. Games, races and swimming will be on the afternoon program followed by basket dinner in the evening. Mason heads the committee.

**Shorter Skirts**

Skirts grow shorter and shorter to twelve inches from the waist, being the accepted length for the street and sport. Evening dinner frocks, on the contrary, often very long.

## INDIANA WINNERS IN ROAD SAFETY CONTEST NAMED

Terre Haute Girl and Plymouth Teacher Are First.

**W**ASHINGTON, July 5.—Margaret Hemberger, a pupil of St. Patrick School, Terre Haute, won first prize for Indiana in an annual safety contest just closed, for her essay, entitled "Highway Safety Habits I Should Learn." It has just been announced by the highway education board.

She has received an engraved gold medal, with a check for \$15. Her essay will represent Indiana in competition for one of three national prizes: First, a gold watch and a trip to Washington, and second and third, gold watches.

Second State prize was awarded Delmar Hoshier, Newcastle. He received a silver medal and a check for \$10.

In a companion contest to the safety essay contest, the teachers' lesson contest, first State honors go to Miss Esther M. Beatty, Plymouth, Ind., for her lesson, "Training Children in Habits of Safety on the Highways." Her paper will represent Indiana for one of the national awards, a check for \$500 and a trip to Washington, a check for \$300, or a check for \$200.

Eleven Indiana third prizes, bronze medals and checks for \$5, were won by these pupils in the safety essay contest: Iris Davis, Brook; Martha Brockmeyer, Spencer; Elizabeth Nickels, Terre Haute; Clara Wagener, Flora; Earl Neuen-schwander, Berne; Katherine Pepper, Fort Wayne; Jane D. Williams, Fairmount; Frances M. Canine, Crawfordville; June Livergood, Auburn; Virginia Hunter, Versailles; Helen Miller, Plymouth.

## Sister Mary's Kitchen

**LOSE WEIGHT**

Breakfast—One large glass orange juice, 1/2 cup uncooked cereal, 4 tablespoons whole milk, hot water. Luncheon—Salad a la Elysium, 1 slice whole wheat bread, 1 cup raspberries, 1/2 cup cream milk. Dinner—One cup cream of spinach soup, 2 baked eggs, 10 stalks asparagus, 4 radishes, 2 large green olives, 12 slices cucumber, 1 thin piece giuten bread.

Bedtime—One cup skimmed milk. Total calories, 1,174.