

## Eggs Cheap and High in Food Value

By SISTER MARY  
NEA Service Writer

Eggs are cheaper this spring than they have been for many years, so it behoves the economical housewife to make use of them in many ways.

Eggs lend themselves to almost any course in a meal. Stuffed with piquant delicacies, they make a tempting hors d'oeuvre; combined with cheese, they furnish a worthy main dish; as a garnish or

Daily Menu

BREAKFAST—Bananas, cereal, cream, tomato omelet, heated rolls, milk, coffee.

LUNCHEON—Beef broth with carrot dumplings, apple sauce, molasses cookies, milk, tea.

DINNER—Pork chops and apples in casserole, scalloped potatoes, buttered cauliflower, pear and peanut butter salad, pineapple and date pudding, milk, coffee.

in jelly, they do much for a salad, and in custards and creams they provide nourishing desserts.

When a custard is served for dessert, keep in mind that a goodly amount of protein is supplied, and plan the rest of the meal accordingly.

Food Value High

The food value of eggs is high. They are a rich source of vitamin A and vitamin D, which is found principally in cod liver oil, is present in the egg yolk in a considerable amount.

One medium-sized egg, weighing about two and one-half ounces in the shell, supplies 70 calories—25 protein and 45 fat.

Although eggs contain most of the food elements needed by the body for its development, nevertheless they must be properly combined with other foods.

A diet of milk, eggs, leafy vegetables and cereals is almost perfect in balance of energy value, vitamin content and ash constituents.

Egg souffle is a delicious change from a plain omelet and should be served with a sauce such as bechamel, mushroom, medium white sauce or cheese sauce.

EGG SOUFFLE

Six eggs, 3 tablespoons butter, 3 tablespoons flour, 3 cups rich milk, 1 teaspoon salt, 1/4 teaspoon white pepper.

Cream butter and beat in flour. When perfectly blended, slowly add milk, stirring constantly. Cook over hot water until mixture thickens.

Remove from heat and add yolks of eggs beaten until thick and lemon colored. Add salt and pepper and fold in whites of eggs beaten on a platter until stiff and dry. Turn into a buttered baking dish or buttered individual molds and place in a pan of hot water. Bake in a moderate oven until firm to the touch. Do not let water boil while the souffle is baking. It will take about thirty-five minutes.

Hard-cooked eggs and mushrooms served in a cream sauce on toast make an excellent substitute for chicken a la king for a party luncheon.

Eggs a la Benedict are always popular and easy to prepare. A split and toasted English muffin forms the foundation for this dish.

On each muffin is placed a slice of cold boiled ham sauted in butter. On this is placed a "dropped" or poached egg and a cream Hollandaise sauce is poured over the whole.

## Shower Is to Be Given for Miss Robbins

Mrs. Warren Brinkley will entertain tonight with a bridge party and shower in honor of Miss Edith Lucille Robbins, whose marriage to Leslie H. Brandt will take place on March 15. Miss Robbins is the daughter of Mr. and Mrs. Oscar C. Robbins, 1721 Millburn street.

Appointments and decorations will be carried out in the bridal colors, salmon pink and turquoise. Guests will be:

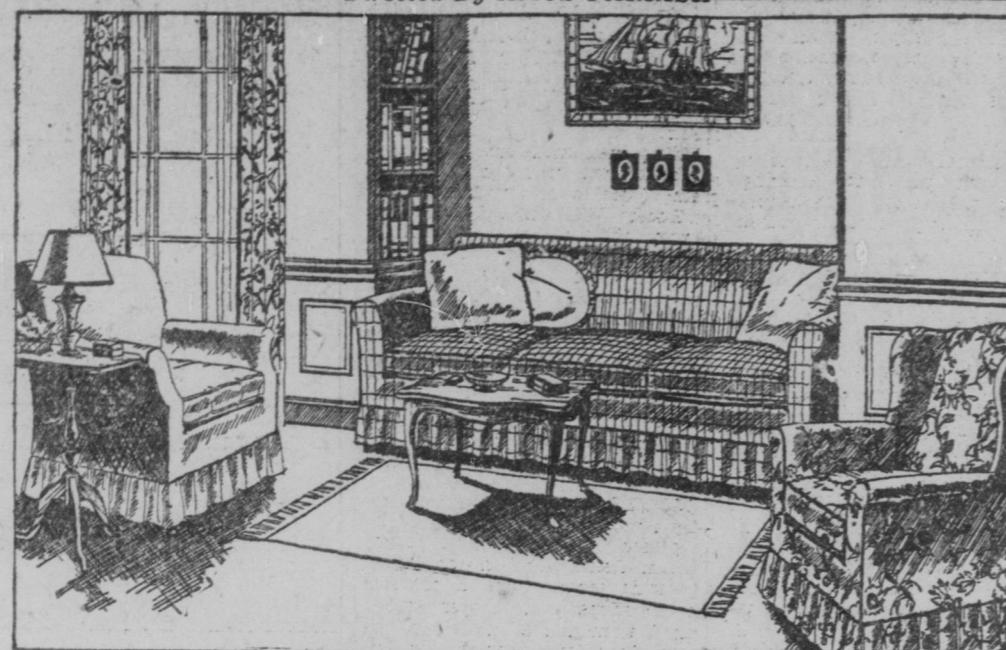
Misses Ocie Huston, Opal Umsted, Opal Batson, Gladys Vieruer, Louise Wiles, Dora Faustett, Helen Harold, Emma Smith, Marian Cory, Gertrude Sowar, Patricia Robbins, Wilma Robbins, Marietta Tormelton, Anna Arvin and Dora Kriner.

Misses Ocie Huston, Opal Umsted, Opal Batson, Gladys Vieruer, Louise Wiles, Dora Faustett, Helen Harold, Emma Smith, Marian Cory, Gertrude Sowar, Patricia Robbins, Wilma Robbins, Marietta Tormelton, Anna Arvin and Dora Kriner.

## —WHAT'S IN FASHION?—

### Brightening Up With Slip Covers

Directed By AMOS PARRISH



#### An Effective Use of Slip Covers

NEW YORK, March 6.—Slip covers—are they something to slip on to the furniture in the summer to protect the upholstery from sun and dust?

Maybe that's where the idea came from originally. But today they're something to slip on to the furniture to brighten up a room at any time of year.

Slip covers this spring are often an important part of a room's decorative scheme. And not only for this spring—but at any time of year when you feel the urge to change things about and make your room look different.

The decorating principles you use in choosing slip covers are just the same as those you use in choosing upholsteries for various pieces of furniture.

Two pieces covered alike and one different is one good way. Or all the pieces may be different—pro-

vide that is color harmony among them all.

And a good way to start is to take your draperies as the keynote and build your slip cover plan around them. Then you're sure of an harmonious ensemble.

If your draperies are a gay floral chintz, for example, and it's possible to match it, one of the big chairs can be covered in the same pattern.

Suppose it has a deep tan ground with a pattern of rose-red, blue-

green, yellow and blue. The cover for the big chair would be particularly nice if it were corded with a plain blue-green, like the blue-green of the design.

#### Restful Colors Best

The sofa is the biggest piece, so one of the more restful colors—one that doesn't hit the eye the minute you come in the room—is the best choice for it. The same blue-green would be practically perfect.

A sturdy cotton fabric in this color—a sateen (pronounced streaky) effect with just the faintest little line of yellow marking it into inconspicuous checks it what we've had sketched.

You can get a color accent here in the pillows, made of chintz like the draperies, with a pleated ruffle of rose-red headed by a corded with yellow.

#### One Chair Plain

Since one big chair is an all-over pattern, our other, we think, should be quite plain. And a plain sateen in rose-red would harmonize.

And there you have a room that's as gay and cheerful as anybody could want—and everything in harmony because you had a color scheme.

No matter what colors you decide on, you can work them out on the ones principle.

If your draperies are plain color instead of chintz, you can repeat their color in one piece of furniture and ensemble with it some patterned material that contains this color.

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Next—Amos Parrish shows how fashion is becoming ladylike.

Yours Truly—

### Mother Who Always Blames Someone Else Handicaps Child

BY OLIVE ROBERTS BARTON

Most of us know the mother whose child never is wrong.

Her son fell through the ice because another boy dared him to go where the ice was thin. Her girl copied her nightwork from a neighbor because the teacher gave them too much homework to get through.

Her children are always in trouble because the neighbors pick quarrels.

They are bullied, dazed, tempted, tormented, but when they get into trouble it never is their fault.

She goes to school, she calls up other mothers, she does a great deal of talking to everybody, and she earns for herself a reputation.

Fools Only Herself

I shall make an exception here of the occasional mother who has a real complaint to make and who sees the opportunity for a little quiet correction of a difficult situation. That done I shall go back to the first, to her with the chronic complaint, who tries to shield the real truth from herself and the world, the real truth being that her children can not meet the world as it is.

That boy who dared the skater, the teacher who probably overstepped herself in giving out homework, the irritable children next door, all represent something.

They represent the world, its problems and temptations and trials.

When this mother is gone, is going to fly around to her children's friends, explaining, excusing, and she isn't a bad thing to make clear to the children, either.

### Shower Will Be Given for Miss Hinshaw

Miss Dorothy Beldridge and Miss Catherine Thurston will entertain with a bridge party and personal shower tonight at the home of Miss Beldridge, 906 North Tuxedo street, in honor of Miss Thelma Hinshaw, whose marriage to Warren Dawson will take place Sunday.

Guests with the bride's mother, Dr. Gertrude Hinshaw, will be: Mrs. Flora Cox, Misses Hilda Schmidt, Mildred Mulligan, Elaine Schmidt, Mildred Still, Peggy Gandy, Shirley Nelson, Ruth Van Matre, Evelyn Todd, Elizabeth Dittel, Margaret Duff, Bernice Darnall, Rosemary Brown, Florence McDonald, Lillian King, Mary Harris, Ruby Stou and Florence Hinshaw.

Bethel No. 3, Job's Daughters entertained with a handkerchief shower in honor of Miss Hinshaw at the home of Miss Jean Shepard Thursday night. Guests with the bride-elect and her mother were:

Frances Harve, Clarice Kiefer, Jeanne Prout, Josephine Sheard, Mildred Millsbaugh, Florence Hinshaw, Sarah Goss, Margaret East, Ellen Hamner, Nancy Heaton, Fannie Duff, Evelyn Scott, Ona Bell, Martha Mabel, Frances Harvey, Marie Wiles, Mabel Pruitt, Neomi Wiles, Doris Wiles, Velma Mulvey, Margaret Hitchcock, May Leslie and Patti Warner.

Character Spells Happiness

One of, course, and the world that also tries us gives us our rating. Every one of us, whether pauper or millionaire, brilliant or stupid, weak or strong, must stand on his own feet.

And although men and children are not born with equal blessings, what we call blessings may be the very cross those born with them will have to bear, and the handicaps may be blessings.

Be that as it may, true happiness lies only in character. And I am just old-fashioned enough to believe in a certain law of compensation.

If this nervous mother wants her children to learn to live, she will not try to shield them, but instead she will try to develop strength and happiness within themselves.

She will teach them resistance to temptation, self-reliance, toleration,

### Personals

J. G. Martin is at the Roosevelt, New York City.

Misses Ida and Aimee Nicasie, Drusilla apartments, have returned from a three weeks' vacation in the south. They attended the Mardi Gras at New Orleans and visited friends at the Edgewater Gulf hotel, Biloxi, Miss.

Hold Bridge Turney

First bridge tourney of the year at Theta Beta Delta sorority will be held tonight at the home of Miss Katherine McHugh, 645 North Eastern avenue.

Card Parties

A benefit card party will be held today at 2:30 at the home of Mrs. Charles Zeigler, 851 Sanders street. Lavelle Gossert post auxiliary 908, Veterans of Foreign Wars, will give a bunco and euchre party at 8:30 tonight at the hall, Walnut street and King avenue.

## Hospital Need Told in Report

Mrs. Fred Noerr, visitor for the Indianapolis Flower Mission, called attention to the need of a central hospital for housing chronic tuberculosis cases, in her annual report given before members and guests of the mission at an informal luncheon today at the Indianapolis Athletic Club. Necessity for co-operation of all organizations working toward care and prevention of tuberculosis was stressed.

Mrs. Noerr said she visited 498 families during the past ten months, of which 816 members attended the free tuberculosis clinic; that she distributed 8,513 quarts of milk, eight bushels of oranges and apples, 833 garments and miscellaneous articles.

Mrs. David Ross, president of the Flower Mission, opened the discussion. Mrs. Robert Elliott, chairman of the luncheon committee, extended greetings to guests.

Among those who took part in the open discussion, concerning the need of a central hospital, were:

Paul Buchanan and Marion Coker, new trustees; Dr. Herman Morgan, Evans Woolen Jr., and Dr. Henry S. Leonard, members of the board of health; Dr. H. Scarborough, superintendent of Marion County tuberculosis hospital; Dr. Thomas B. Rice, Indiana's first set of medicine; Miss Mary A. Meyers, executive secretary of Marion County Tuberculosis Association; Mrs. Fred S. Dueenberg, president of Sunnyside Guild; Mrs. John Conner, president of Children's Sunshine Club of Sunnyside; Dr. William A. Dowers, superintendent of city hospital.

William L. Taylor, Dr. Alfred Henry, Murray Auerbach and Michael E. Foley are also new trustees. Mrs. Robert Geddes assisted Mrs. Elliott. Covers were laid for thirty at a table decorated with spring flowers.

## HEADS SORORITY

Miss Hilda Schmidt



Miss Hilda Schmidt

Alpha Delta Pi sorority at Butler university has elected Miss Hilda Schmidt president. She will be installed Sunday in a ceremony at the chapter house, 545 Berkley road.

Other officers are Misses Catherine Thurston, vice-president; Shirley Nelson, corresponding secretary; Evelyn Todd, recording secretary; Lois Ann Hodgkin, treasurer, and Ruth Van Matre, guard.

## Daughters Nominate for Regent

Mrs. Maurice E. Tennant was nominated for the office of regent of Caroline Scott Harrison chapter, Daughters of the American Revolution, at the meeting Thursday at the chapter house.

The fact that hers is the only name proposed for the office assures her election March 12.

Mrs. Waldo B. Rossiter was nominated second vice-regent; Mrs. Fred D. Stilz, registrar; and Mrs. G. B. Taylor, librarian.

There will be more or less of a race for the offices of recording secretary and historian, with Mrs. Merle N. A. Walker and Mrs. Hugh H. Hanna competing for the first office and Mrs. Charles T. Lesh and Miss Florence Howell for the latter.

At the meeting, the establishment of a student loan fund at Butler university was announced by Mrs. Wilbur Johnson, regent. This is in addition to two loan funds already established, she said.

A letter of thanks from the Kate Duncan Smith mountain school for

## MISS M'KINNEY IS NAMED CLUB HEAD

Miss Margaret McKinney was elected president of the Chater Box Club at a luncheon meeting Thursday at the home of Mrs. Arthur Wabnitz, 5221 Pleasant Run Boulevard. Miss Thelma Wabnitz was chosen secretary-treasurer.

Decorations were carried out in St. Patrick's day color and design. Cards were played following the luncheon.

The next meeting will be held at the home of Mrs. John Clark, 1804 North Gladstone avenue, Thursday, March 12. Mrs. Bell Sage, Buffalo, N. Y., was an out-of-town guest.

Indiana Give Exhibit

Navajo Indians who are giving demonstrations of antique and modern blankets, silver and turquoise jewelry, native costumes and spinning at the Children's museum presented an exhibition at Tudor Hall School for Girls this morning under the direction of Frank N. Lewis, director of the Children's museum.

the radio sent by the chapter was read.

Clara Laughlin will speak on "The Romance of Travel" Monday, April 6, at the travel tea to be sponsored by the chapter, it was announced.

Don't miss **Bobby Jones, King of Golf on Listerine Hour**  
Every Wednesday night—8 o'clock, E. S. T.; 7 o'clock, Central Time; 6 o'clock, Mountain time—  
5 o'clock, Pacific Time—WEAF and a coast-to-coast N. B. C. network

**Don't let INFLUENZA get the upper hand**

**gargle with Listerine—reduces germs 98%**

NEVER make the mistake of underestimating the menace of a cold, sore throat or influenza. They may develop into serious or fatal complications. You can probably recall such a case among your friends. Statistics show that every year respiratory diseases cause more than a million deaths.

As the first sign of trouble, gargle every two hours with full strength Listerine, the safe, healing antiseptic, and call your physician. If the irritation is mild, Listerine will frequently check it. If it is not, the doctor will diagnose the real trouble and treat it all the help.

Then, on top of that, if your smile has much to do with your charm, look at Maurice Chevalier! The story is told that when he was in a cheap music hall in Paris a famous actress once said, "