

Proper Diet Will Add to Weight

BY SISTER MARY,
NEA Service Writer

With fashions more "feminine" than they have been in years, many a woman is longing for a suggestion of a curve or a dimple.

The person who has kept herself slender by means of restricted dieting can add her pounds as she will, but the girl who is just naturally too thin has a different problem.

Underweight seldom is wholly a matter of diet, although the other causes usually go hand in hand with faulty food habits of some sort.

Stimulate Your Appetite

The person who is underweight from some obscure physical cause, mental conflict or overwork faces a different problem than the one who is thin because of faulty food habits.

The underweight who has no appetite should select foods which will stimulate a desire for food. Lack of appetite and small consumption of food usually goes with small stomach capacity.

As the appetite increases and the amount of food eaten each meal increases, the capacity of the stomach for food increases with the inevitable reaction of a natural desire for food. In other words the first thing the too-thin person must do is to actually stretch her stomach.

Maybe Sleep Is Needed

The person who is thin due to an inordinate amount of activity in proportion to his physical ability to hold food enough to maintain the activity and at the same time gain in weight must increase his sleep rest periods.

Then there are the underweights who have the appetite and the desire to gain but who do not eat the right foods.

Milk, so valuable as a food, can be taken in many forms—hot, cold, with added cream or milk, sugar, or both, in soups and chocolate, in custards, sherbets, and ice cream and as buttermilk and is one of the easiest foods to add to the diet.

Watch for Wrong Diet

The following suggestions are specific and will form a working basis for those underweights whom the dietician can help.

Fruits and fruit juices, succulent vegetables, yeast breads and meat broths stimulate the appetite. These foods make a perfect elimination, which is essential for good health before a gaining diet can be considered.

Plenty of good, wholesome food normally required by everybody must be supplied before adding the so-called "fattening" foods. The excessive use of weight-gaining foods alone might do more harm than good. This general menu for a day should be kept in mind.

Menus for Day

Breakfast — Fruit, cereal with sugar and cream, eggs, toast or bread with butter, milk or coffee.

Luncheon — Cream vegetable soup, croutons, fresh fruit or vegetable salad, bread or rolls with butter, dessert made of milk and eggs served with cream, tea.

Dinner — Bouillon, meat, potato, cooked vegetable, raw vegetable or salad, bread and butter, dessert.

After this diet has been provided, the reinforcements can be brought in. Mid-morning and mid-afternoon lunches are an easy way to increase the food intake. A glass of milk or egg nog just before going to bed is often effective.

However, in the zeal to add fats and carbohydrates to one's diet, care must be taken to prevent stomach upsets.

International Study Club

Mrs. Grace Linn Sandy, president of the International Travel-Study Club, Inc., has appointed her nominating committee as follows: Miss Claire Henry, chairman; Mesdames Fred Brown, G. H. Thrasher, Carrie Abbott Guio and Miss Helen Smith.

There will be a call meeting of the executive committee Monday at 7:30 at the home of Mrs. Sandy 2844 Sutherland drive.

Mrs. Samuel R. Artman will have for her subject this week, before the chapters of the club, "Feasts and Masks in Jungles of Brazil."

Eldenro chapter will meet Monday at 12:30 in the Lumley tearoom for luncheon. The nominating committee will report at this meeting and election of officers for the ensuing year will be held. Mrs. Walter Jensen, a former member, was welcomed back into the chapter. Other new members attending the February meeting were: Mesdames Jack Salter, H. E. Jenisch, Elsa Jacobson, G. G. Thorvald and Dan Resur.

Australian chapter will meet Tuesday for 1 o'clock dinner luncheon with Mrs. Wilbur Washburn, 931 Leslie street. Mrs. H. A. Stevens and Mrs. Jules Zinter are assistant hostesses. Officers are to be elected for the coming year. The program will consist of a group of readings by Mrs. Christine Cummings.

Eidelsheim chapter will entertain the Alpina with a 6 o'clock dinner Tuesday evening at the Lockerbie hotel. Miss Claire Henry will give a report of the federation meeting. Officers will be elected for the coming year and the chapter presidents request all members to attend. The Eidelsheim chapter will have charge of the program.

Washington chapter will meet at the home of Mrs. J. L. McCurdy, 320 East Maple road, at 8:30 on Wednesday. Miss Muriel Westfall is assistant hostess. There will be an election of officers for the coming club year.

Mandalay chapter will meet at

FREE—MARCEL FOR A LIMITED TIME ONLY

This coupon good for FREE dinner for 1000 is taken at Marcel's restaurant, 12th and Market, on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday, and Monday and Wednesday evenings, 6 to 9:30. A very small charge will be made for the meal.

CENTRAL BEAUTY COLLEGE
2nd Floor Odd Fellows Bldg. 11. 0422.
BEAUTIFUL

WHAT'S IN FASHION?

Individual New Spring Coats

Directed By AMOS PARRISH

FASHION WEEK—Presenting Easter and Spring fashions in coats, dresses, suits, hats, accessories and men's clothing.

CLOTHES may make the man. But the woman makes the Spring coat. The new coats are yours to do with as you will. To give them a personality as individual as your own.

Scarf Coats and Coats With Revers

Coats with scarfs are in fashion. For you to tie in coqueting bows. To throw with careless gesture over the shoulder. To cross protectingly about the throat. To leave free to play with Spring breezes.

Coats with revers are in fashion. For you to button safely, smartly. And to unbutton to fall in rippling jabots.

Shawl Collars and Coats Without Collars

Coats with shawl-like collars are in fashion. To drape as you like them. Closed...open. In soft folds...or flat.

Coats without collars are in fashion. To wear with sleek sophistication. To make utterly feminine with a gay scarf...or the collar of the dress worn outside.

And Coats That Wrap Around

Coats that wrap around are in fashion. Closely—to silhouette each figure curve. Loosely—to soften angles and fill in hollows.

It's all in the wearing—the personality of your Spring coat. Self-expression is the thing. And if there's a little touch of drama in the wearing—all the smarter!

Fashionable Spring Coats

A dash of flat white fur on a black coat is a sure prescription for Spring smartness. Full-elbow sleeves, a sash belt and a perky bow at the throat makes the coat shown at the right 100% fashionable.

A fabric scarf to tie, fly or what-you-will—that makes the coat easy to wear and individual. Watch for raglan sleeves like these. They're smart!

The coat with narrow roll collar is shown on the small figure at the left. Simple. Sleek. Sophisticated. Like Vionnet in her best manner—especially when it has bell sleeves.

The collarless coat (next) is new. Rather daring. Dress it up with a crispy scarf for devastating chic.

The coat with one-sided shawl (right) is different from the usual shawl. Interesting. A good type for the longer-haired furs—if you prefer them.

TOMORROW—In the second Fashion Week article, Amos Parrish reports the new spring dresses in fashion.

Copyright, 1931, by Amos Parrish



Fashion Facts About Newest Spring Coats

Most coats are belted. Narrow—wide. Buckled—tied. Worn tight or easy—as your personality demands.

Sleeves have interest. In gauntlet cuffs. Elbow fullness. Flap-like bandings. Tucks, seams. New wide bell shapes.

Fabrics are soft. Like dress fabrics. Crepe. Meshy. Spongy. Fitting the figure easily. Fitting any figure easily.

Most coats wrap. Well over to the side. With a diagonal closing line in the bodice section.

Most fur on coats are flat. Short-haired. Soft. Furry. Easy to tie, when they're made into scarfs.

Most coats flare slightly. Less than last year. But with graceful lines. Easy to walk in.

The costumes of the Greek goddesses consisted of a piece of cloth which they draped around them in a very artistic, yet very simple way.

One way was to make the drapery fall in long straight folds. The other was to drape it to give the effect of a short peplos or tunic around the waist. The same effects are seen in many of the evening dresses that now are in fashion.

American women have made up their minds definitely about the fashions they prefer. For example, for evening wear they choose lots of clothes adapted from those worn by the most perfect type of women—the Greek goddesses.

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Anglo-Indian chapter will meet Saturday for 12:30 luncheon with Mrs. S. J. Finck, 4268 Bowman avenue. Mrs. Paul Treiss will assist. Mrs. Cora Ulrey will give a current event and election of officers will be held. Mrs. R. W. Klein is a new member.

Panamanian chapter will meet Thursday for a 12:30 luncheon with Mrs. S. J. Finck, 4268 Bowman avenue. Mrs. Paul Treiss will assist. Mrs. Cora Ulrey will give a current event and election of officers will be held.

Argentinian chapter meeting will be held Friday at the Cynthia Bell tearoom. Members will meet at 12:30 for luncheon. Hostesses are Mrs. Warren Stroup, F. A. McDaniel, 52 North Thirteenth street, Beech Grove, Tuesday at 7:30. This is a new chapter, the

thirty-eighth of the organization, and all members are asked to attend meeting for the purpose of studying the bylaws. Mrs. Arthur E. Bender, sponsor of the chapter, will be a guest.

An invitational benefit bridge will be sponsored by the Erin Isle and Zuyder Zee chapters in the Lumley tearoom, Thursday at 2. Mrs. William Mallow and Mrs. Arthur E. Bender are in charge of arrangements. A musical program is planned by Mrs. E. J. Katzenberger and Mrs. Ted O. Philpott, courtesy. These chairmen were all reappointed as they have not served a full year.

Republicans to Meet

Board members of the Indiana Woman's Republican Club will meet for luncheon Thursday at the Colonnade Club. Mrs. Spann Waymire, Anderson, president, will preside.

At a recent meeting of the Zuyder Zee chapter, the following officers were re-elected: Mrs. George O.

Roberts, president; Mrs. Arthur E.

Titus, vice-president; Mrs. M. A.

Elmer Pohlman, treasurer. Committees are: Mrs. R. O. Ferguson, publicity; Mrs. L. H. Mills, floral; Mrs. E. J. Katzenberger, program; Mrs. E. W. Clousing, flag, and Mrs. Ted O. Philpott, courtesy.

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