

Proper Diet Will Add to Weight

BY SISTER MARY.

With fashion more "feminine" than it has 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.

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

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 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 cocoa 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 dietitian 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 other bread stuff with butter, milk or coffee.

Luncheon—Cream vegetable soup, croquettes, 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 2894 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."

Elisnore 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, Elina Jacobson, G. G. Thorvald and Dan Resur.

Australian chapter of the club will meet Tuesday for 1 o'clock luncheon with Mrs. William 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.

Eidweiss chapter will entertain the Alpina with a 6 o'clock dinner Tuesday evening at the Lockberrie 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 Eidweiss chapter will have charge of the program.

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

Mandalay chapter will meet at

FREE—MARCEL
FOR A LIMITED TIME ONLY
This coupon good for FREE hair wave if shampooed by FREE Marcel capable given under expert supervision Monday, Tuesday and Wednesday, 9:30 to 11:30, and Monday and Wednesday evening, 8 to 10. Very small charge for all other treatments.
CENTRAL BEAUTY COLLEGE
30 Floor Old Federal Bldg. LL 612.
BE 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 coquettish bows. To throw with careless gesture over the shoulder. To cross protectively 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.

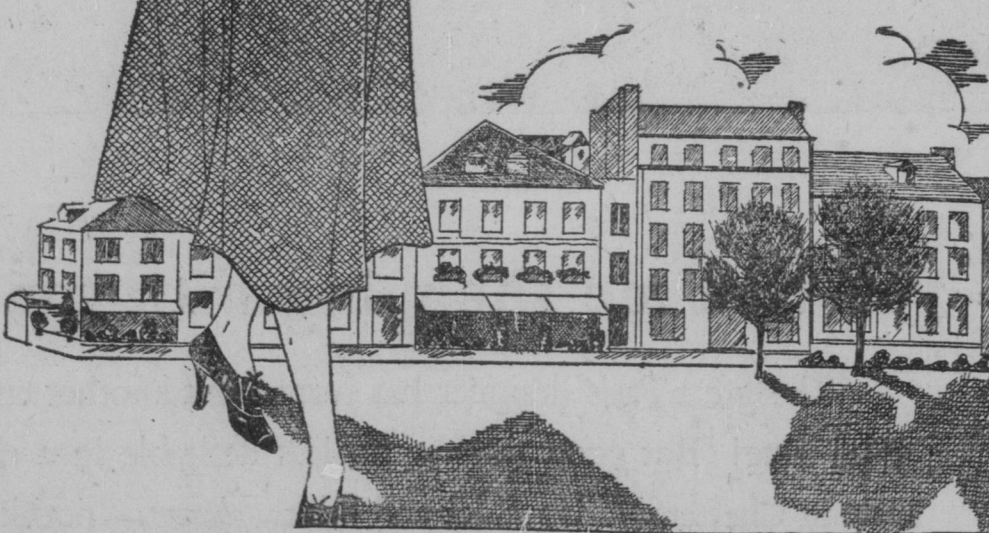
Sleeves have interest. In gauntlet cuffs. Elbow fullness. Flap-like bandings. Tucks, seams. New wide bell shapes.

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 furs on coats are flat. Short-haired. Soft. Pliable. 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.



Fashions for Spring Will Be More Ladylike

FASHION for spring is more ladylike. And at the same time more dramatic. The flapper idea no longer is one of the accepted themes. Women are choosing clothes that are correct in fashion details and correct for the occasion when they are worn.

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 all women—the Greek goddess.

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

Long straight flowing lines, pep-lums or short tunics on skirts, draped necklines, cowls and scarfs, draped girdles and sash ties, are some of the important fashion details that are Greek in their inspiration.

1:30 Wednesday with Mrs. Maude Schaub, 323 Northern avenue. She will be assisted by Mrs. J. H. Beck and Mrs. Oscar Burghard. A world event will be given by Mrs. W. O. Cheesman and a short talk on Mandalay by Mrs. H. H. Akers. 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, 4286 Bowman avenue. Mrs. Paul Trees will assist. Mrs. Cora Urey 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 Mesdames Warren Stroup, E. A. Thomas and William Sieber. There will be a short musical program by

Mrs. Grace Linn Sandy and Mrs. Sieber, followed by the annual election of officers.

New officers of the Brazilian chapter are Mrs. E. F. Ellis, president; Mrs. Carl Dearmin, vice-president; Mrs. Robert F. Dukes, secretary; Mrs. Harry G. Klintworth, treasurer.

Anglo-Indian chapter will meet Saturday for luncheon at the home of Mrs. Tressa Malin, 5675 North Delaware street. Assisting hostesses are Miss Daisy Ayre and Mrs. Walter Brewster. The lecture will be followed by the annual election of officers.

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.

William Mallow and Mrs. Arthur E. Bender are in charge of arrangements. A musical program is planned by Mrs. E. J. Katzenberger and Mrs. C. M. Baker. Baskets of flowers will be used for decorations.

At a recent meeting of the Zuyder Zee chapter, the following officers were re-elected: Mrs. George C. Roberts, president; Mrs. Arthur E. Bender, vice-president; Mrs. M. A. Titus, recording secretary; Mrs. A. W. Fry, corresponding secretary, and

Mrs. Elmer Pohlman, treasurer. Committees are: Mrs. R. O. Ferguson, membership; Mrs. A. W. Fry, publicity; Mrs. L. H. Mills, floral; Mrs. E. J. Katzenberger, program; Mrs. E. W. Clausen, flag, 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 Columbia Club. Mrs. Spann Waymire, Anderson, president, will preside.

Luncheon Arranged
Beta Beta alumnae chapter of Alpha Chi Omega sorority will meet for luncheon at 1 next Saturday at the home of Mrs. S. B. Walker, 52 Layman avenue.

Educational Conference Announced

Thirty-fifth annual convention of the National Congress of Parents and Teachers will be held from Friday, April 30, through Friday, May 8, at Hot Springs, Ark.

A record attendance is predicted. The convention theme has been announced to be "The Challenge of the Children's Charter." Mrs. W. J. Hockett, Ft. Wayne, state president, will head the Indiana delegation.

According to present plans, the program calls for a pre-convention board meeting April 30; joint conference, May 1 and 2; the convention proper, May 3 to 7, and a post-convention board meeting May 8.

Headquarters will be the New Arlington hotel. All sessions of the convention and joint conference will be held here. The conference has been called by William John Cooper, United States commissioner of the national congress. Men and women who are outstanding in the field of education are expected to take active part in the conference.

Discussions will concern the changing backgrounds of home and family life; the problems of parent education at each age level, pre-school, pre-school, intermediate, high school and college and the exceptional child.

Exhibits and special departmental conferences have been planned for the delegates; entertainments, a feature of which will be a tea and drive for which the Hot Springs organization will be hostess and special classes.

PARENT, TEACHER ADDRESSES ON AIR

Following is listed the radio broadcasts sponsored by the national congress of parents and teachers to be held during March and April:

Three addresses: Dr. John H. Finley, 5:30-5:45 tonight, over WABC; Alfred K. Stern, 5:30-5:45, March 23, over WBBM, and the Honorable Ray Lyman Wilbur, 9:30-9:45, April 6, over WJAL. These talks are under the auspices of the national advisory committee on illiteracy.

Tuesday, March 17, Dr. Ada Schweitzer, associate chairman of health for the Indiana congress, will give a radio talk on "The Purpose and Advantage of the Summer Round-Up" over WFBM.

MRS. LEVINSON TO ENTERTAIN THETAS

Mrs. Frank Levinson, 5639 North Meridian street, will entertain the Indianapolis Alumnae Association of the Kappa Alpha Theta sorority next Saturday afternoon at her home.

Ralph Daugherty will be speaker. His subject will be "Reptiles." Mrs. Walker Krull, chairman of hostesses, will be assisted by Mesdames Frank Arhecher, Maurice Dowd, Earl Heasler, Edwin O'Neal, Carl Quiesier, William Schumacher, Martha Van Wael, Charles Walker, Misses Lenore Brandt and Jane Messick.

It's subject will be "Reptiles." Mrs. Walker Krull, chairman of hostesses, will be assisted by Mesdames Frank Arhecher, Maurice Dowd, Earl Heasler, Edwin O'Neal, Carl Quiesier, William Schumacher, Martha Van Wael, Charles Walker, Misses Lenore Brandt and Jane Messick.

BY MRS. WALTER FERGUSON

SOME famous writers do get the wildest ideas in their heads! The last outburst comes from Michael Arlen, who makes this profound statement in a recent interview:

"Modern women are having a dull time with all their rights. They have let the men out of a lot of pleasant duties they were perfectly willing to do. They have given the men more freedom, which the men do not want. And they have made their own lives that much duller."

Isn't it funny the way men assume desultory male attention to keep them supremely happy? Mr. Arlen evidently believes that when we sat home crocheting and awaiting the return of our men from their adventures, we led a thrilling existence.

LET your mind stray back to those dear old days. The maddest, merriest moment for almost any girl was when some charming swain stooped to pick up her handkerchief. Her little heart would go pit-a-pat when, at some unexpected moment, a gentleman called and kissed her hand. And a wife's supreme high spot of the day was when her lord fed.

What grand times those were, check full of suspense, while you wondered whether father would decide to spend the evening snoozing in his armchair or play poker with the boys at the corner saloon. If Mr. Arlen thinks a modern woman's life is dull, he needs a little co-education. Why, we wouldn't change places with the Queen of Sheba herself. We stand up in the subway, it's true, and lots of us earn our own living and support the children besides. But just the same, hard or not, our days are filled with interest and zest.

We still are avid for male attention, but nevertheless we have learned not to die of a broken heart if we do not get it. Mr. Arlen may be highly civilized and highly sophisticated, as our reporter says, but he's a long way from understanding modern women.

Entertain Bride-Elect

Miss Frances Williams, whose marriage to Earl Schulte will take place April 1, will be entertained Thursday night at a bridge party at the Lumley tearoom, given by Miss Muriel Hubbell.

Baby's Colds
Best treated without dosing—just rub on VICKS VAPORUB
OVER 12 MILLION JARS USED YEARLY

Patterns

PATTERN ORDER BLANK
Pattern Department, Indianapolis Times, Indianapolis, Ind.

Enclosed find 15 cents for which send Pattern No. **240**

Size

Street

City

.....

Name

.....

State

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

I. A. C. Will Hold Dance on Holiday

A special dinner and dance will celebrate St. Patrick's day at the Indianapolis Athletic Club Tuesday, March 17, according to an announcement by Joseph J. Tyroler, manager of the club.

Another special party will be held March 21, according to Mr. Tyroler, which will be a spring festival. This occasion will be a special supper dance beginning at 10. Jack Tilson's club orchestra will play for both events.

Mrs. Charles L. Buschmann, and her committee, including F. R. Buck, McFarland Benham, William Zeller Jr. and Lawrence J. Welch, chairman of the general bridge committee, are arranging for the fifth annual invitational duplicate auction bridge tournament to be held at the club April 9 to 11. It is being conducted under the auspices of the American Auction Bridge League.

Mrs. Switzer Is in Charge of Conference

National and state officers, delegates and members of the American Legion Auxiliary will meet Tuesday at the World war memorial building for the annual presidents' and secretaries' conference of the Indiana department.

A reception and program will be held tonight at the Antlers for the guests, under the auspices of the Seventh district auxiliary. Mrs. Carl Switzer is in charge of arrangements, assisted by:

Mesdames John Paul Ragsdale, H. Nathan Swath, Simon Feldman, J. E. Barcus, George H. Healey, Paul M. Akin, George Bowman, Edwin B. McComb, Benno G. Payne, Eva M. Wright, Elsie Schilling and Lester Burgess.

The following will receive: Mesdames Hazel A. Boyle, Call T. Dudgeon, Gwendolyn Wierma MacDowell, Cecilia Wenz, Elizabeth Hammond, Lenore M. Russell, Ruth McCannell, Margaret Moreland, Cordie Steman, Edna Worthoff, Blanche Mount and Blanche McClung.

FORMER CITY GIRL WEDS WESTERNER

Mr. and Mrs. J. R. Scales, Dayton, O., formerly of Indianapolis, announce the marriage of their daughter, Miss Maxine Scales, to Gerald Alwyn Slonaker of Los Angeles, son of Mrs. Harry Sheetport, Dayton, which took place in Newport, Ky., Oct. 26.

Mrs. Slonaker will join Mr. Slonaker in Los Angeles the first of April for residence. The bride attended Butler university and is a member of Delta Delta Delta sorority. Mr. Slonaker attended Purdue university.

Hold Regular Meeting

Alpha chapter, Theta Chi Omega sorority, will hold its regular business meeting Monday night at the home of Miss Louise Harter, 1044 West Thirty-sixth street.

Club to Have Election

Children's Sunshine Club of Sunnyside will hold its monthly business meeting and election of officers at 2 Wednesday at the Fletcher American National bank.

Now You Can Wear FALSE TEETH

With Real Comfort
Fastest, a new, pleasant powder, keeps teeth firmly set. Doodorides. No gummy, sticky, heavy taste or feeling. To eat and laugh in comfort just sprinkle a little Fastest on your plates. Get it at drug stores and other drug stores.—Advertisement.

Hemorrhoids Go Quick

All Pile Misery Ended Without Cutting or Salves.

Piles go quickly and don't come back if you remove the cause. Bad blood circulation in the hemorrhoidal veins causes piles by making the affected parts weak, flabby, almost dead. Salves and ointments fail because only an internal medicine can actually correct these conditions. Dr. J. S. Leonard discovered a real internal remedy. After prescribing it for 1,000 patients with success in 999 cases, he named it HEM-ROID. Back at Dependable Drug Stores say one bottle of HEM-ROID Tablets must end your Pile misery or money back.—Advertisement.

3 Spring Specials in

Wall Paper

At 3 Special Prices