

Allow Only Mild Sugar to Children

BY SISTER MARY
NEA Service Writer

There is no ginsenging the fact that proper eating habits have direct bearing on a child's growth and health and for this reason the training of his appetite is of utmost importance.

Food that is too highly seasoned soon develops a taste of desire for rich flavors and children become dissatisfied with simple, wholesome foods that promote growth and provide nourishment.

Children usually like sweet foods and wisely chosen desserts fill an important place in their daily diet.

However, very sweet desserts such as pie and cake have the tendency to take away the desire for vegetables and cereals and increase the appetite for more sweets.

Little children who have never tasted over-sweet foods will not crave them and will be satisfied with the desserts suitable for them.

A Time for Sweets

Every child should have some suitable sweet food to eat at the proper time. At the end of a well balanced meal a reasonable amount of something sweet seldom has a disturbing effect and may be served to children with safety.

But if sweets are eaten on an empty stomach, there is danger of digestive upsets. Sugar is a valuable fuel food, but its intense flavor and melting quality tend to satisfy the appetite before the needs of the body are taken care of by other foods.

Too much sugar at any time irritates the stomach and crowds out foods which furnish material as well as fuel.

Junket is an ideal dessert for small persons. Its simplicity and the small amount of sugar needed to make it palatable make it quite perfect for small children.

Fruit gelatines, ices and ice creams can be used for children's desserts. Rich frozen puddings should not be given to small children.

Desserts Should Be Chosen

A plain frozen custard made of milk and eggs and junket ice cream are the best types of frozen "cream" to serve when an iced dessert is wanted. Children should always eat frozen desserts very slowly.

Fruits cooked for children should be those which take the minimum amount of sugar to make them palatable. Prunes are mildly acid, but need only a little sweetening.

It is more desirable to use sugar to bring out the full flavor of other foods than to use it in a more concentrated form, as in pastes.

Jelly spread thinly on bread is satisfying and not harmful for small children. However, preserves usually are eaten in larger quantities and, with sugar, are too rich for little children.

Baked Fruits Good

Baked fruits such as apples and bananas, slightly sweetened custards, gelatines, hard cookies not too rich or sweet, gingerbread, junket and stewed fruits offer children a variety of desserts that will not develop appetites for sweets in preference to the staple nourishing foods.

A dab of whipped cream on any plain dessert will glorify it enough to make it acceptable for a festive occasion when the family dessert is not suitable for small members.

Snow pudding is very easily digested and of much food value. It will solve the problem for the dessert for an invalid tray quite as happily as for children or a whole family.

SNOW PUDDING

One and one-half tablespoons granulated gelatin, 1-4 cup cold water, 1 cup boiling water, 3/4 cup sugar, 1/2 cup lemon juice, 3 egg whites.

Soften gelatin in cold water for five minutes. Add boiling water and stir until dissolved. Add sugar and lemon juice and put bowl in a pan of cracked ice. Stir until mixture is cool and syrupy. Then beat with a wire whisk until frothy. Add whites of eggs beaten until stiff and continue beating until stiff enough to hold its shape. Mold or pile by spoonfuls in a glass dish. Chill thoroughly and serve with custard sauce made with the yolks of the eggs.

JOB'S DAUGHTERS TO GIVE MOTHERS' TEA

Job's Daughters, Bethel No. 4, will entertain mothers of members at tea, from 2 to 4, Thursday, at the home of Mrs. Frank Endsley, 218 North Keystone avenue. A luncheon party will be held at Mrs. Endsley's home the same evening.

Initiation ceremonies will be held Saturday night followed by a pitch-in dinner. Miss Marjorie Money is queen.

Daily Recipe

SALMON CHOWDER

2 cups diced potatoes
1 cup diced carrots
1 large onion, chopped
1 quart water
2 tablespoons flour
1 pint milk
1-2 pound canned salmon
Salt
Pepper

Cook the potatoes, carrots and onion in the water for fifteen minutes. Mix the flour with a little cold milk, add to the vegetables and stir. Add the remaining milk, the salmon, season with salt and pepper, and simmer about 10 minutes longer. Serve with crackers.

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DAUGHTERS TO MODEL GOWNS



Miss Julia Freyn

Among the daughter models who will show the latest styles for spring and southern wear at the Indianapolis Athletic Club fashion dinner tonight, from 6 to 9, is Miss Julia Freyn, daughter of Mr. and Mrs. Harry L. Freyn, 4925 North Meridian street. Miss Freyn is pictured wearing a gown of tangerine peau d'ange lace, with sheath lines belted at the normal waistline. The neck is finished with two clips. Other models will include Mrs. Walter B. Williams, Mrs. Otto Eisenlohr, Misses Janet Adams, Elinor Stickney, Betty Brown and Jane Watson.

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Denver Girl, City Man to Be Wedded

Marriage of Miss Eileen Hollis, daughter of Mr. and Mrs. Gordon F. Hollis, Denver, to Courtland Van Camp Martindale, son of Mr. and Mrs. John T. Martindale, 1354 North Delaware street, Indianapolis, will be solemnized at 4 this afternoon at the home of the bride's parents in Denver.

An altar of Tuller roses and blue delphinium will be arranged before the fireplace. The ceremony will be performed by candle-light, by the Rev. Father William P. Higgins.

The bride will be attended by her sister, Miss Margaret Hollis, as her maid of honor, who will wear a gown of silver green crepe, with a brown tucked turban combined with the same green. Her slippers and gloves will be brown, and she will carry Tuller roses.

Bride to Wear Blue

The bride will wear an afternoon gown of light blue French crepe, designed with a high girde and long, full skirt, and a jacket of the same shade finished with a cape, applied in crepe flowers. She will wear a turban of blue to match her gown, blue slippers, white gloves and carry orchids and lilies of the valley.

Elijah Martindale, brother of the bridegroom, will be the best man. Ushers will be Gordon F. Hollis Jr., Denver, brother of the bride, and William N. Wilson, Samuel William Simpson, and Oscar M. Kaelin Jr., all of Indianapolis. The ceremony will be performed with only the immediate families present. A reception for close friends will follow.

City to Be Home

Mrs. Martindale, mother of the bridegroom, will wear a black velvet gown with lace sleeves and a black velvet turban. Mrs. Elijah Martindale will wear a purple afternoon frock with puff sleeves.

Mr. Martindale's gift to his bride is a diamond bar pin.

The bride and bridegroom will motor from Denver to Indianapolis and then to Miami, Fla., where they will spend their honeymoon. They will return to Indianapolis in April for residence.

The bride attended Miss Wolcott's school in Denver, the Finch school in New York and studied art in Denver. She is a sculptor. Mr. Martindale attended the Culver Military academy.

Personals

Indianapolis persons staying at the Barbizon Plaza hotel in New York are Mrs. Russell Fortune, 1408 North New Jersey street; Mrs. Ernest Kneifer, Livingston apartments, and Mrs. M. O. Graham.

Mr. and Mrs. LeRoy Keach, 4311 Broadway, returned Tuesday from a southern trip.

Mr. and Mrs. R. W. Beach, 420 East Fall Creek boulevard, are spending a few days at the Roosevelt in New York.

Mrs. J. William Hoffman, 4340 North Capitol avenue, will return the end of the week from a visit in New York.

CHI OMEGAS MAKE STATE DANCE PLANS

Indianapolis alumnae of Chi Omega sorority were entertained Tuesday night at the home of Mrs. W. E. Roberts, 4036 Eastern avenue, with Mrs. R. E. Swift as the joint hostess. Plans were discussed for the annual state dance, to be held Feb. 20. The sorority holds its state luncheon in the summer.

Mrs. C. R. Holton and Mrs. W. A. Hayes were appointed to the committee to make arrangements for the dance. Mrs. Eugene Rankin was elected Pan-Hellenic representative from the club. Miss Katherine Jones, president, presided.

Iota Psi to Initiate

Beta chapter, Iota Psi Omega sorority, will hold installation of the following officers tonight at the home of Miss Frances Hickey, 5218 Ellenberger drive: Misses Mary Horton, president; Florence Funke, vice-president; Misses Clements, corresponding secretary; Dorothy Elder, recording secretary, and Marie Cook, treasurer.

Phi Kappas to Meet

Phi Kappa Tau fraternity will be entertained Sunday afternoon at the home of Lewis Cox, 317 North Wallace street. Program committee includes George Knapp and T. C. Feaster.

Gives Disarmament Talk

Dr. David M. Edwards, executive secretary of the Indiana Council on International Relations, spoke on "Disarmament and the Coming International Conference" at the assembly period at Park school this morning.

Sigma Alpha to Meet

Epsilon chapter, Sigma Alpha sorority, will meet at 7 Thursday at the Washington. Dinner will be served at 6 preceding the dinner, for those making reservations.

Phi Betas to Meet

Upsilon chapter of Phi Beta national sorority, at Arthur Jordan Conservatory of Music, will meet tonight at the conservatory. Pledges, who will present a program, are Mrs. Georgia McGee Nagel, Misses Helen Lloyd, Helen Foster, Alma Meyers and Helen Meyers.

G. A. R. Groups to Meet

Newly elected officers will preside at the meeting of Federated Patriotic Societies allied with the G. A. R., at 8 tonight at Fort Friendly.

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WHAT'S IN FASHION—

Scarfs to Adorn Plain Frocks

Directed by AMOS PARRISH

NEW YORK, Jan. 20.—What a clever woman can do to a dress, with a new scarf is—as the girls say—"nobody's business."

Nor does it have to be an old dress you work these wonders on. One new dress—quite plain—and two or three different, gay scarfs can make you feel you are having a perfect windfall of new clothes.

For instance—a woman takes one of the new two-yard scarfs—flings it around her neck—crosses it deftly wide and low in front—ties it in the back—and looks as smart as you please! It's a Schiaparelli trick.

Black and Green Good

If the scarf is in two colors, so much the better. Just yesterday we saw a red-and-white one and a red-and-black one used on plain black dresses, very excitingly. Black-and-green is another happy combination. While for a brown dress, red-and-brown or green-and-brown are companionable. A scarf not so long can be simply crossed and held with a decorative pin.

Another pleasant idea of this same designer is to take three lengths of material, each a different color, twist them together round the neck and braid the strands to hang straight down the front.

Fold Squares Cornerwise

Square scarfs are being folded cornerwise with the two ends knotted at the nape of the neck—the triangle draping down the front. Especially effective if the scarf is a small Persian or flower print. It gives the effect of the new dresses with printed yokes.

Another way to wear a long scarf is to double it (so it's half length), twist it and knot the end through the fold, hanging the scarf around the neck like an Hawaiian lei.

Still other ways. A smacking big bow tied under the chin is becoming to lots of the younger members. Others prefer it over at one side, nearer the ear. But bows not-so-large are what the not-so-young find more becoming.

Clip May Be Used

A soft, small scarf can be draped close and rather flat about the throat and the ends slipped through a ring to hold it in a sort of fishu fashion.

And if the neckline of the dress is V-shaped or oval—and plain—the scarf can be shaped around the edge of the neckline and held in place with a clip.

So this is the story of the adventurous new scarfs, which are trying so many uncharted shapes and windings. Take your pick—any of these will "make" a dress—and flatter the wearer.

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MOTHERS' CLUB

Mother's Club of Alpha Delta Theta sorority entertained with a luncheon today at the chapter house, 725 Berkeley road, in honor of Mrs. C. C. Dodd, Bellefontaine, O., national historian of the sorority, who is here on a visit of inspection to the active and alumnae chapter.

Members of the committee in charge were Mesdames C. H. Heid, James M. Gauld and B. C. Barnhill.

The active chapter will entertain with a dinner tonight at the chapter house, for Mrs. Dods, followed by a meeting and inspection. The alumnae will give a dinner Thursday night, at the house, in charge of the president, Miss Elizabeth Gallagher. Mrs. Dods will return to her home Friday. She comes here in the University of Cincinnati, where she was the guest of the Alpha Delta Theta chapter there.

CHALCEDONY CLUB

ADDS MEMBERS

Ten new members were added to the roster of the Chalcedony Club when it met Tuesday at the home of Mrs. W. H. Hannan, 909 East Maple road. They are: Mesdames E. J. Lawrence, M. H. Herington, G. W. Shaffer, James A. Berry, Thomas Whallon, Dillon Ray, Hal Meyer, D. Lewis, Ella Seales, Nelson Gorchow and John Graham.

Plans were made for a benefit card party to be held at Banner Whitehall auditorium in March, and arrangements will be completed at the February meeting of the club, in charge of Mrs. Mack Margolis, chairman, Harry McKee and William F. Werner. Mrs. Fred Duesenberg, vice-president, presided at the meeting.

BIBLE CLASS WILL

PRODUCE PLAYLET

Members of the Bible class taught by Mrs. Samuel Ashby, at Central Christian church, will meet at 2 Thursday afternoon at the home of Dr. W. A. Shullenberger, 519 South Central court. A playlet, "Village Belles," will be given, under the direction of Mrs. A. E. Chapman. Those to take part are: Mesdames F. H. Kissling, Cecil Strup, Howard Aughinbaugh, A. J. Barnes, Clyde Montgomery, M. C. Morren, and B. C. Wright. Mrs. Harvey Martin will sing.

Hostess Club Meets

Hostess Club, sponsored by the Y. W. C. A. in interest of better housing conditions for young women, met at central building, Tuesday afternoon. Officers in charge of the meeting were Mrs. Georgia McLain, president; Mrs. J. Gilchrist, treasurer, and Mrs. Nellie E. Owens, secretary.

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Auxiliary Sponsors Luncheon, Program in Church Today

Woman's auxiliary of the First Presbyterian church sponsored a luncheon program today at the church.

Mrs. Alice Baxter Mitchell reviewed the play, "The Barrels of Wimpole Street," following the luncheon, in the church chapel. The luncheon was served by

members of the auxiliary, whose names begin with the letters M, N, O or P, with Mrs. Ralph Pinkham as chairman.

The program was arranged by Mrs. Wilbur Johnson and Mrs. John W. Kern.

Officers of the auxiliary are Mrs. Mansur B. Oakes, president; Mrs. Evans Woolen, secretary, and Mrs. Elmos Ruddell, treasurer.

This is the second of a series of three programs sponsored by the auxiliary. The third will be a morning musicale, Feb. 17, at the John Herron Art institute, followed by a colonial breakfast at the church.

ARRANGES DANCE

Arrangements, Miss Emma Colbert, Mrs. Gertrude Hinson Bowen, Miss Ann Fern, Mrs. Jean Morrison, Davie; publicity, Mrs. Blanche G. Mathews, Miss Josephine McDowell, Miss Helen Selvedge, Miss Ruth Patterson; nominations, Miss Belle Lockridge, Miss Ida Conner and Miss Ruby Stapp.

No cards are being issued. Members are asked to make their reservations at the college office at Twenty-third and Alabama streets.

UNITARIAN CHURCH

GROUP WILL MEET

Jessy Wallin Heywood Alliance of All Souls Unitarian church will hold a luncheon-meeting Thursday at the church. Mrs. Persie White Simmons of the child psychiatric clinic of the Herman Young Foundation, will be the guest speaker.

Mrs. Emma K. Doney, president, will preside. Mrs. H. H. McNamee is in charge of the program, and the luncheon is being arranged by Mrs. F. M. Reed and Miss Lydia Blach.

D. A. R. WILL VOTE ON

BY-LAWS CHANGE

Changes in by-laws and constitution of Caroline Scott Harrison chapter, Daughters of the American Revolution, will be voted on at a meeting Thursday at the chapter house. Annual indoor picnic will be served at 12:30.

Mrs. Maurice Tennant is regent of the chapter, and Mrs. Hugh H. Hanna is chairman of the by-laws committee. Other members are Mrs. James L. Gavin and Mrs. Ernest De Wolf Wales.



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