

Allow Only Mild Sugar to Children

BY SISTER MARY
NEA Service Writer

There is no gainsaying 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 and 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 dietary.

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 gelatinies, 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 pastries.

Jelly spread thinly on bread is satisfying and not harmful for small children. However, preserves usually 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, gelatinies, 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, 1-1/2 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 buncle party will be held at Mrs. Endsley's home the same evening.

Initiation ceremonies will be held Saturday night followed by a pitchin' 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.

STAINLESS

Same formula . . . same price. In original form, too, if you prefer
24 for COLDS VICKS VAPORUS
OVER 1/2 MILLION JARS USED YEARLY

DAUGHTERS TO MODEL GOWNS



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, 425 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.

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.

The ceremony will be performed with only the immediate families present. A reception for close friends will follow.

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 fishhook 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 never the wearer.

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Next—Schiaparelli fashions are

described for spring. Amos Parrish describes some of them.

MOTHERS' CLUB

HONORS HISTORIAN

Mother's Club of Alpha Delta

Honor Society

HOSTESS

CHI OMEGAS MAKE STATE DANCE PLANS

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, comprised of Miss Martha Rundell, violinist; Miss Nina Hayes, pianist; Mrs. Otto Eisenlohr, Misses Janet Adams, Elinor Stickney, Betty Brown and Jane Watson.

Other parties scheduled at the club include a musical tea at 3 Sunday. The program will be presented by a quintet from the Indianapolis Symphony orchestra, comprised of Miss Martha Rundell, violinist; Miss Nina Hayes, pianist; Mrs. Otto Eisenlohr, Misses Janet Adams, Elinor Stickney, Betty Brown and Jane Watson.

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