

Panorama Is on Program of Y.W.C.A.

A dramatic panorama of the year's events will be presented at the thirty-seventh annual meeting of the Y. W. C. A. Friday night at the central building. The meeting will open with dinner at 6:30, followed by the program.

At the dinner, results of the annual election will be announced by Mrs. W. C. Smith, chairman of the nominating committee. Polls are now open at the central building, and will remain open until 6, Friday night, Jan. 29.

High lights in the year's activities of the Indianapolis Y. W. C. A. will be presented in the "Panorama" which will be presented as a pageant at 8 in Hollenbeck hall, at the central building.

Various departments which will take part include the business girls, industrial girls, health education department, grade school and high school girl reserves, and world fellowship groups from the central, South side, Blue Triangle and Phyllis Wheatley branches.

Mrs. John Wallace is chairman of the committee in charge of the annual meeting. The public is invited to attend the pageant.

Mrs. Bjorn Winger will review the play, "Green Pastures," and follow it with a general discussion at the class in "New Roads in Reading," at 7 Tuesday night at the central building. The class is open to anyone interested, whether or not they are members in the class.

Girls Review Books

Kappa chapter, Pi Omicron sorority, will meet at the Washington hotel at 7 Monday. Each member will review a book read during the year. Miss Flora Drake is program chairman.

HEALTHY CHILDREN

How to Provide Proper Food and Care at a Minimum Cost

This is the third of a series of six articles on proper care and nutrition of children, published by this newspaper in co-operation with the American Child Health Association. The recent depression and unemployment have made this a grave problem in many families where a dollar must go further now than ever before.

BY OLIVE ROBERTS BARTON
Noted Authority on Child Care
Written Especially for NEA Service and
The Times

THE first thing a mother worries about in hard times is the health of her children. Naturally enough her first thought is about proper food, and she is right. Nourishing food is necessary to life and health, as we all know—but there are other things that are quite as important.

This is easily proved by the fact that many children with every advantage of health are sickly.

Sometimes, of course, there is a sound reason for the privileged child being ill, but more frequently the trouble can be laid to the door of irregular habits, too much or too rich food, lack of fresh air and sunshine, and even occasionally to dirt and improper sanitation.

Another factor that is now known to be a straight lead to illness in children is mental unhappiness. An unhappy child rarely will be physically perfect.

It may be encouraging, then, for the worried mother to know that she can do much to keep her little family strong and well, even though the table does not groan under a weight of fine and varied foods.

Soap and water are just about the greatest gift God has bestowed on us, because a clean body not only makes for health, but it has a direct effect on a happy, whole-some mind.

Children should bathe every day, or at least every other day. A house scrubbed clean and with everything in order comes next.

So I put soap and water first because everything starts from there. Discouragement and depression take on less frightening visages when cleanliness and neatness greets them.

THE children should be taught their own responsibility in keeping themselves clean. Their heads should be washed every week—they can do this too, as well as take their own baths, if they are over 4 years old.

Clean clothes and clean bedclothes, of course, are as necessary as clean bodies. And this brings us to fresh air at night.

All children are indoors too much. They get so little through the day that compensation must be made at night. Put a window up but see that the little folk are not in a draft. Coarse muslin tacked over a lattice in the air and breaks the current; or a screen should be set up between the bed and window.

The children should be covered warmly so they can sleep well. Watch out for very bitter nights, and watch your babies. Babies safely can not breathe air of extremely low temperature for any long period. Many babies get pneumonia because young mothers do not realize this.

SUNSHINE is not only a medicine but a food. It contains a vitamin that we often buy certain vegetables to get. When there is any sun the children run out into it. See that they are warm and their feet dry when they sleep.

Show them how to breathe deeply. Exercise causes deep breathing—that is one reason it is so good for every one. But do not keep them trotting until they are exhausted. An exhausted body is ready for disease.

Regular habits for meals and sleep are absolutely essential to the healthy child. To bed on the dot (and that early), then up in the morning on the dot. Meals on time, to.

HOT food in cold weather is best for breakfast and lunch. Cooked cereal with whole milk, an egg or a piece of bacon, toast, and if possible a little stewed fruit either dried or fresh makes the ideal breakfast before school.

Certain foods now are very cheap. Our cheapest and most plebeian vegetables are the most nourishing.

Free Bowling Lessons Enjoyed by City Women



Approximately 150 women thronged the Parkway alleys, Thirty-fourth and Illinois streets, Friday afternoon, for the opening classes in The Times seven-day bowling school, and large numbers also were present for the first instruction sessions at the Uptown and Fountain alleys.

Mrs. Floretta D. McCutcheon, world's leading woman bowler, di-

rected the groups, and her pupils were enthusiastic in their praises of her instructions.

A large number of the pupils were beginners, and they were taught the fundamentals of the ten-pin pastime by Mrs. McCutcheon. Many of the women present have had some experience at the game and to them Mrs. McCutcheon gave advice which will improve their play.

Crowd Is Enthusiastic

In the crowds were housewives, teachers, stenographers, clerks, and a number of high school and college students, with all ages from 16 to 50 represented.

"It's as interesting as golf," declared several of the women, tossing the ball down the alley for the first time.

And here and there might be heard the comment, "And they say it's reducing, too."

Size of classes is expected to be much larger today, when Mrs. McCutcheon again will explain the intricacies of the game at the three alleys where the school is being held.

All Are Invited

Every woman in the city is invited to attend and receive instruction, which is free. Just sign the blank, printed hereewith, send it to the alley where you wish to play, and then show up for classes.

The schedule for today and the remainder of the seven-day period follows:

Saturday, Jan. 23

9:30 A. M.—Uptown.
(Junior bowlers' class.)

1:00 P. M.—Fountain Square.

4:00 P. M.—Parkway.

7:30 P. M.—Uptown.

Sunday, Jan. 24

1:00 P. M.—Fountain Square.

2:30 P. M.—Fountain Square.

4:00 P. M.—Uptown.

7:45 P. M.—Parkway.

(Match, Mrs. McCutcheon vs. Freddie Shaw, first five games of ten-game match.)

Monday, Jan. 25

9:30 A. M.—Uptown.

1:30 P. M.—Parkway.

3:00 P. M.—Uptown.

8:30 P. M.—Parkway.

(Match, Mrs. McCutcheon vs. Freddie Shaw, second five games of ten-game match.)

Tuesday, Jan. 26

9:30 A. M.—Uptown.

1:30 P. M.—Parkway.

3:30 P. M.—Parkway.

6:00 P. M.—Uptown.

Wednesday, Jan. 27

9:30 A. M.—Uptown.

10:45 A. M.—Parkway.

1:30 P. M.—Parkway.

6:00 P. M.—Parkway.

Thursday, Jan. 28

9:30 A. M.—Uptown.

1:30 P. M.—Parkway.

3:00 P. M.—Fountain Square.

6:00 P. M.—Parkway.

Friday, Jan. 29

9:30 A. M.—Uptown.

1:30 P. M.—Parkway.

3:30 P. M.—Parkway.

6:00 P. M.—Uptown.

Saturday, Jan. 30

9:30 A. M.—Uptown.

1:30 P. M.—Parkway.

3:30 P. M.—Parkway.

6:00 P. M.—Uptown.

Sunday, Jan. 31

9:30 A. M.—Uptown.

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