

**Pageant to
Be Given at
Y. W. Event**

Annual dinner meeting of the Indianapolis Y. W. C. A. will be held at 6:30 tonight at the central building. A pageant, "Panorama," depicting activities of the various departments of the association during the last year will be given by members of the association at 8, following dinner in Hollenberg hall.

Mrs. Brandi C. Downey, president, will preside over a brief business session. Ballots will be opened and board members for the coming year announced. Polls have been open for a week at the central building.

Candidates are Mesdames Hugh Bogardus, George W. Combs, Norman Green, A. W. Hinkle, Curtis Hodges, W. S. Lockhart, Lucien King, E. D. Moten, Q. G. Noblett, B. D. Spradling and Louis H. Wolff. Nine of the eleven will be named to office.

Committee to Be Named

The nominating committee for next year will be announced. Candidates are Mrs. Samuel Ashby, Mrs. Frederick Gifford, Mrs. William Rothenburger and Miss Elsie Kinerk from the present board of directors, and Mesdames J. W. Atherton, Fred Hoke, Donald D. Hoover and A. O. Mason from the association. Three will be chosen from the board group, and two from the association group.

Music for the dinner will be provided by Miss Robbie Cook, soprano, and an instrumental trio, furnished through the courtesy of the Radio Academy of Music, of which I. M. McDougal is the director.

The dramatic production at 8 will present in panorama the activities of 1931 at the association.

Machine Age to Be Shown

Miss Grace I. Ingledue, reader, will explain the scenes, as they are presented. Music will be furnished by Mrs. Horace Gamble, pianist, assisted by the Misses Ruth McArthur and Mary Wilson, violinists, and Cornellia Settles, cellist.

The first act will depict "A Machine Age," in special dances by members of the Y. W. C. A. dancing classes under the direction of Miss Vonda Browne, instructor. The stage will be set to illustrate the machine age, and the dancers will wear costumes symbolic of workers and machines.

The second part will represent the Y. W. C. A. symbol, a blue triangle. The idea in this scene will be worked out with the characters as "Keepers of the Symbol," surrounded by other characters representing abstract qualities developed during the year.

Activities to Be Reviewed

Keepers of the symbols will be represented by Misses Frieda Van Blair and Matilda Hayes. Qualities will be: Information, Miss Gladys Thomas; play, Miss Rowena Hardwick; work, Miss Louise Scooper; sharing, Miss Mildred Moore; understanding, Miss Madonna Hessler, and friendliness, Miss Ethel May Smith.

The last act will show the 1931 activities of the Y. W. C. A. in a continuous procession across the stage. Among those to be shown will be volley and basketball, tennis, swimming; tap, ballet and ballroom dancing; hostess club, Blue Triangle Hall, education classes and public affairs committee.

The educational department will have as its theme, "Bread and Roses," business girls, "Shuttles of Commerce" weaving through the fabric of life; and Girl Reserves, their golden jubilee, held last fall, represented by a birthday cake with candles.

Pageant Cast Named

Those taking part in the pageant: Star and Bird Class—Mrs. Robert Deysey, Misses Margaret Van Nevel, Lucille Huddleston, Marjorie Metcalf, Helen Campbell, and Laura Becker.

Fine Day and Evening Set Expression Classes—Mrs. C. H. Kuhn, Misses Dora M. Rees, Marie Sieffer, and Bertha Corn, Marie Holmes, Ruth Simpson, Betty Miner, Mary Elizabeth Williams, Myra Tise, Frances G. Tise, and Mrs. E. C. Tise, Brown, Hallie Dawson, and Anita Brand.

Spanish Class—Misses Grace Hawe, Edna Conner, Stella Dyer, Bessie Fischer, Elsa Schwab, Helen Schaefer, and Mrs. R. Rasmussen, Mary Lou Short and Mrs. Russell Cox.

List of Dancers

Dancers are announced as: Act 1—Misses Marian Marshall, Margaret Marshall, Mildred Alyce Oland, Laura Mae Williams, Emily Stauri, Rosemary Werlein, and Dorothy Tise.

Act 2—Misses Mildred Alyce Oland, Clayton Clayton, Jane Ruth Talcott, Nola Ruth, Swanson, John Ruth, Christine Gloria, Becker, Ellen J. Wachsmann, John DeGraff, and Shirley Ann Harkens.

Volley Ball—Misses Dorothy Lawlor, Hattie Mae Petrie, Josephine Wood, and Ruby Wodell.

Basketball—Misses Beulah Sterer, Helen Edwards, Esther Porter, and May Jefferson.

Acrobatic Dance—Miss Jane Morris. Tumbling—Johnnie Oberholzer, Tommy Martin, and Shirley Farmer.

Tap Dancers—Misses Dolores Johnson, Barbara Danner, Miss Vida Clarkston, and Ramon Van Ohlen.

Girl Reserves will be represented by:

Nellie Madison, Susie Marlin, Vivian Allen, Lois Portor, Vivian Ray, Irene Potts, Mary Elizabeth Williams, Dorothy Quigley Miller, Charlotte Johnson, Beatrice Sullivan, Mary E. Stewart, Mary Woodson, William C. Danner, and Naomi Obanyon.

A Day's Menu

Breakfast

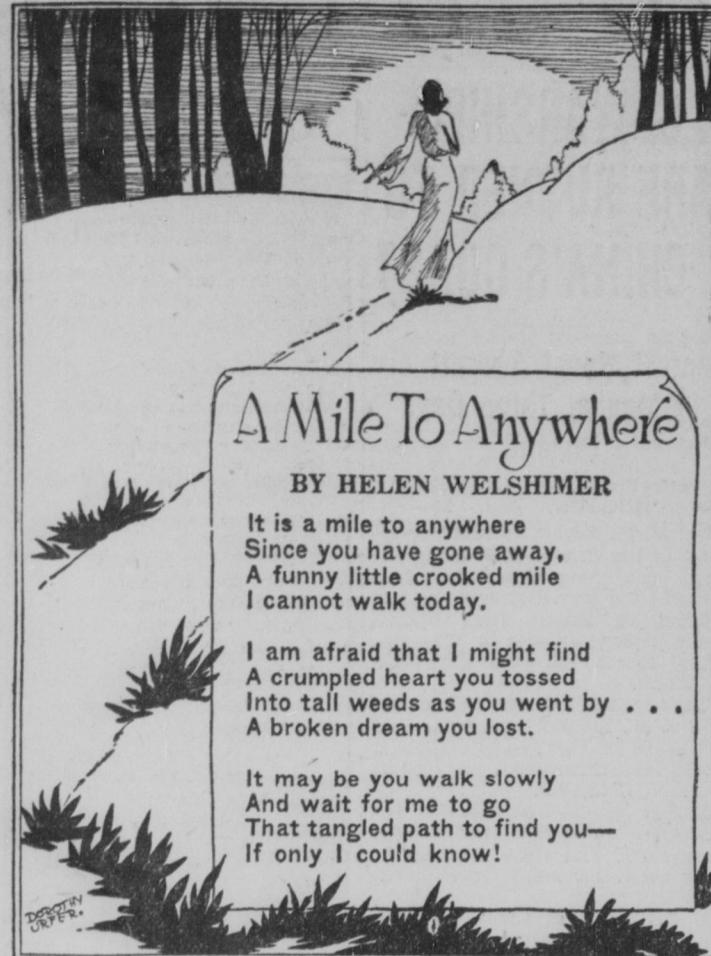
Baked bananas, cereal with dates, cream, broiled bacon, crisp toast, marmalade, milk, coffee.

Luncheon

Oyster stew, crackers, stuffed celery, tapioca cream pudding, grape juice.

Dinner

Fricassee of lamb, mashed potatoes, beets in orange sauce, jellied tomato salad, chocolate pie, milk, coffee.



A Mile To Anywhere

BY HELEN WELSHIMER

It is a mile to anywhere
Since you have gone away,
A funny little crooked mile
I cannot walk today.

I am afraid that I might find
A crumpled heart you tossed
Into tall weeds as you went by . . .
A broken dream you lost.

It may be you walk slowly
And wait for me to go
That tangled path to find you—
If only I could know!

**Friend to Give
Shower Party
for Mrs. Craig**

Miss Catherine Mitchell will entertain tonight with a bridge party and miscellaneous shower at the Lumley tearoom in honor of Mrs. John R. Craig, who before her recent marriage was Miss Alice Brady. The hostess will be assisted by

Miss Margaret Brady and Mrs. Raymond Stump. Decorations will carry out the bridal colors of pink and white. Following will be guests:

Misses Anna Winkler, Donald Curry, Jack Barr, Edwin Wilson, Ralph Maddux, Kenneth Burkitt, Cyril Hare, Vaughn King, Gerald Miller, Earl McCarly, George Toye, Stanley Williams, Robert Gregg, Gene LePere, Wilbur Hardy, Jr.; Misses Cole Gisler, Betty Walters, Thelma Hackler, Thelma Mead, Martha Schuchuk, Marie Pinnick, Evelyn Pinck, Lorien Clark, Ruthie Clark, Mrs. Thomas Ruth Ehlers, Laurel Daugherty, Virginia Post, Marjorie Burghart, Leon Quinzoni, Mrs. Richard Wolford of Noblesville, and Miss DeNoma Hutchison of Greenfield.

**Milk First
Essential in
Child's Diet**

BY SISTER MARY
NEA Service Writer

To provide nourishing food for a family is never a simple task, and when the income is small the homemaker faces a more difficult problem.

She must have some knowledge of both food values and human needs, coupled with ingenuity and patience, if she would spend the food allowance wisely and well.

Milk is the food which stands first on the list of foods essential to health.

Comparing its relative food value and cost with other common food-stuffs, it is found to be the cheapest source of calcium and a fairly economical source of fuel, protein and phosphorus.

Keep Milk Diet

And although it is an expensive source of iron, since its iron content is low, this condition is compensated in part by the fact that the iron is in an especially available form.

When milk is supplied in adequate amounts, the diet may be very low in meat without sacrificing anything essential to nutrition.

Professor Sherman recommends a quart of milk a day for every boy until he is fully grown, and a quart of milk a day for every girl baby until she has weaned her last child.

It is generally agreed that a pint of milk a day for each child and one-half pint for each adult is the minimum amount that should be supplied, and that no diet should fall below this.

Milk Food Value High

A full quart of milk a day for each child and a pint for each adult is much safer, and every effort should be made to supply it.

There are many reasons why no other food gives greater returns for the money expended than milk does.

In the first place, milk is one of the foods primarily designed to nourish the young, and for that reason contains elements which, weight for weight, furnish more nourishment to the human body than most any other food.

The generous use of milk in the diet safeguards the body against many of the deficiency diseases.

Its vitamin and mineral content is high. In fact, milk is so rich in vitamin A that if a child is given a full quart a day there is little danger of a shortage of this vitamin, no matter what other foods may be lacking.

The vitamin B content is good. The presence of vitamin C is so variable that it should not be depended upon. Fruits and vegetables must be supplied to supply this vitamin.

The protein, fat and carbohydrate calories of milk are particularly well utilized by the body.

The carbohydrate in the form of milk sugar or lactose is very easily used by the body.

If milk is supplemented with whole grain cereals, the legumes—dried peas, beans, lentils and peanuts—are cheaper vegetables, such as potatoes, carrots, cabbage, turnips, parsnips, canned tomatoes and onions, as well as dried fruits and fresh fruits and vegetables in season, a varied and complete diet which is also nourishing and well balanced can be maintained at low cost.

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Artist to Give Talk

R. C. Hollingsworth, local artist, will give a chalk talk at 10:30 Saturday morning at the Children's museum. The public is invited to attend. At 9:30 the department class will meet, with "Caves in Indiana" as its subject.

VICKS COUGH DROP

... All you've hoped for in a Cough Drop—medicated with ingredients of

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