

Six Vitamin Groups Are Discovered

BY SISTER MARY
NEA Service Writer

Not so many years ago vitamins were divided into three groups, but scientists gradually have discovered more about these food constituents, until today there are six known and tested vitamins—A, B, C, D, E, and G.

Quite recently, definite evidence regarding vitamin B demonstrated that this vitamin was a mixture of several vitamin factors rather than a single substance and vitamin G has been added to the vitamin alphabet.

The ideal balanced diet supplies all these food elements and every home-maker is vitally interested in the means of furnishing them.

A chart showing the relative distribution of vitamins reveals that fruit and vegetables are excellent sources of the first three vitamins—A, B and C.

Good in Vitamin Rating

Under the general classification of fruits, which includes citrus as well as other varieties, this chart gives the amount of vitamin A as "variable," B "good" and C "rich." Green vegetables are designated as "good" in vitamins A and B and "rich" in vitamin C.

Yellow root vegetables are "good" in all three vitamins and "rich" in vitamin A. For some unexplained reason, yellow color in foods is often an indication of their high vitamin A content.

Consequently yellow sweet corn contains more vitamin A than white, carrots more than parsnips, and sweet potatoes more than white.

Where Vitamin B Lies

White root vegetables are good sources of vitamin B, but the whole cereals and legumes are the cheapest and richest sources of this vitamin.

Of course the most potent source of the B vitamin is found in yeast. Egg yolk is recognized as an excellent source of vitamin B, too.

Fresh fruits and green vegetables must be relied upon for vitamin C. Although canning and cooking reduces the potency somewhat, such foods still are excellent sources of the vitamin.

Plant sources as a class are practically devoid of vitamin D. Cod liver oil is the richest animal source and of course the direct rays of sunlight are interchangeable with vitamin D as anti-rachitic agents.

Salmon and egg yolk are excellent sources. Clams and oysters have been classed as good, along with butter and milk.

Found in Lettuce

Vitamin E is found in good amounts in lettuce, watercress and wheat germ. The vegetable oils, whole cereals, meat and molasses are all good sources of vitamin E.

Yeast, liver, kidney and lean meat are the most potent sources of vitamin G. Milk and eggs, salmon and haddock, greens and salad plants, potatoes, tomatoes, bananas and whole wheat contribute vitamin G in varying amounts.

To go further into the study and learn the vitamin content of all foods makes it possible for the homemaker to plan and buy with the utmost intelligence and economy.

Fruits and vegetables are practically the only sources of vitamin C, and must be used daily if health is maintained. These foods also reinforce the supply of vitamins A and B and hold an important place in the diet.

ZETA RHO RUSHEES TO BE ENTERTAINED

Rushes of the Zeta Rho sorority will be entertained with a bridge party tonight at the home of Miss Pauline Ballinger, 2133 North Meridian street. The sorority colors, orchid and canary, will be carried out in the decorations. At serving time the tables will be centered with lighted tapers. Guests will include:

SHOWER TO HONOR

MRS. CHANDLER
Miss Kathryn Demaree and Mrs. Robert E. Henderson will entertain tonight at Mrs. Henderson's home, 82 North Irvington avenue, with bridge and a miscellaneous shower for Mrs. Clifton G. Chandler, formerly Miss Olive Meulen. Guests will include:

Madame Anna Hull, Alice Deal, Helen Reeves, Gertrude Smith, Agnes Spoon, Miss Orla Pearson, Alma Atkins, Louise Scoville, Dorothy Bennett and Alice Linsell.

Benefit Party Set

Parent Teacher Association of William Watson Woolen school No. 45 will hold a benefit card party at 7:30, April 6, at the Indianapolis Athletic Club.

Daily Recipe

LEMON SAUCE
2 tablespoons cornstarch
1-2 cup sugar
1-2 teaspoon salt
2 cups water
1 or 2 tablespoons lemon juice and some grated rind
1 tablespoon butter

Mix cornstarch, sugar and salt thoroughly. Add water and cook over direct heat until thickened. Cover and continue the cooking over hot water for 15 to 20 minutes. Stir in lemon juice and rind and butter. Serve hot.

Try Lydia E. Pinkham's Vegetable Compound

Flying Into a Temper
Touchy... Irritable! Everything seems to be getting on my nerves. I need Lydia E. Pinkham's Vegetable Compound to restore my health and build up my health by its tonic action.

'Boots' Picks Snappy Coat and Sports Frock for Easter



HERE are some more clothes for "Boots." "Boots," who is the heroine of The Times comic strip, "Boots and Her Buddies," loves the great outdoors, you know, so she needs lots of outdoor things. That is why she chose this sports frock. It is the latest thing!

And the coat, also printed today, is right up to the minute in style. Color them, cut them out, turn back the tabs and try them on the figure of "Boots" that was printed the other day. Thursday, "Boots" will show you her newest party dress.

MANNERS AND MORALS By JANE JORDAN

LETTERS of comment and opinion from readers are invited, as well as questions about personal problems. All will be answered.

Dear Jane Jordan—I see you seem to hold toward divorce quite a bit. I cannot altogether agree with you, especially where children are concerned. Why don't you tell the "other woman" her duty in the first place? How can the other woman expect to find happiness over a broken home, depriving innocent little children of the protection of home?

How can a woman with an ounce of brains trust a man who will trifle? Nine times out of ten he's just out for a little fun. If the other woman would not herself in the wife's place, she wouldn't do such things.

Most men never did have any too much virtue. Women, stick to it! There'll be a lot more for you if you treat everybody as you want to be treated. Suppose you get a man away from his wife. Do you think you'll have any more power to keep him straight than she did?

I always have tried to look at both sides of a thing, but have seen so many good women get dirty deals because these other women are so selfish, that it makes my blood boil! Men wouldn't leave their own firesides if they didn't have the chance. Jane Jordan, I expect you think I'm narrow minded, but there's only one way and that's the right way. Don't suppose this will get any farther than the waste basket.

A READER.
Dear Reader—Letters of comment are invited as well as letters asking for advice. In this question, my dear reader, we are both right. The only difference between us is that I am looking at things as they are, and you are looking at things as they ought to be. Close observation has taught us that human nature does not change because we pass laws against it. It is wiser to make laws to fit human nature if we are to have a universe at all habitable.

Take this matter of divorce. I agree with you that it is deplorable for a home containing children to be broken up. No one knows better than I do that two parents are best for children. We can hold a husband and father to his post by law, but we can not change his nature by the same method.

A man held down to a situation from which he wishes to escape becomes disgruntled, brutal, unjust and unkind. What happens? We haven't succeeded in protecting the children by holding their home together, but only have exposed them to an infinitely worse and more miserable situation.

Psychologists and psychiatrists, by careful inquiry into the human wreckage that marriage creates, have discovered that the children of quarrelsome and unhappy parents receive far greater injuries to their psyches than the children of peaceably divorced parents. The rule of divorce for people who have children would be excellent if only we could make them behave properly, but no way has been discovered to do it.

Your second point finds us in agreement also. The Golden Rule is probably the greatest contribution of Christianity to humanity. It is an excellent thing for each of us to do as we would be done by.

It's Every Man for Himself
But 2000 years has been an insufficient time to enforce this rule. People do not do as they would wish to do by it. It is every man for himself and the devil take the hindmost, except in rare instances.

If you can find a way to make all people conform to the Golden Rule, you are a better woman than I am, and have more power than the religious leaders of the world. Now as to the "other woman" who comes in for your just condemnation. No righteous eloquence on my part has the power to put her out of business. I have no use for the love pirate who deliberately generates discontent in an otherwise happy home.

But I am obliged to face the facts as they are. Too often the "other woman" is not a cause, but an effect. The homes she is accused of wrecking were on the rocks long before she arrived on the scene. Some incompatibility of husband and wife already has arisen to cause his eye to wander.

Women do not stick together. Quite the reverse. It would be marvelous if they did, but try to make them!

No Woman Women look upon other women as competition for the favor of men. They knife each other in the back with a deplorable lack of feeling.

It is impossible for me to place the full blame for an unfaithful husband upon the other woman in the case he has been driven out.

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Craft Talks to Be Given Arts Group

Subjects for the nine talks to be given at sessions of the Fine Arts Study group, American Association of University Women, will include all types of artistic craftsmanship. The meetings will be held at 10 each Friday morning for nine weeks, March 25 to May 20, inclusive, at the John Herron Art Institute.

Miss Blanche Stillson of the institute, will be the study leader. She will speak this week on wood cuts. Other subjects to be discussed are etchings, lithography, Japanese prints, aqua tints, mezzo prints, water colors, small bronzes, pastels and pottery.

The course is open to both members and non-members of the Association. Reservations may be made with the group chairman, Mrs. Walter P. Morton, for either the entire course or single meetings. One meeting already has been held. Miss Stillson spoke last week on the Twenty-fifth annual exhibition of the work of Indiana artists and craftsmen.

The galleries and resources at the institute will provide examples in each of the various phases of artistic study which the group will undertake.

Thousands of Women Helped in Work Drive

Under a slogan, "Women should find jobs for women," Mrs. Geline MacDonald Bowman, president of the National Federation of Business and Professional Women, heads a drive for 60,000 members to find 60,000 hours of work weekly this spring for unemployed women, at 50 cents an hour.

In the 1,325 communities where these clubs exist, response has been unanimous. In Sioux Falls, S. D., seventy members have raised 4,138 hours of sewing, mending, marketing, cooking, caring for children and other work for unemployed women during the past month.

Holyoke, Mass., has averaged 237 hours weekly; Granite City, Ill., has raised \$650 among fifty-four members and held a shoe and stocking party to shoe the children of the unemployed.

Fairmont, Minn., where there are fifty members, has furnished 131 hours of actual work weekly, among them twenty-five hours for unemployed beauty operators.

These rather formal styles are, of course, being adapted so they do not look out of place with other furniture.

Copper in Vogue
Copper is one of the newest materials for lamps. Quaint hammered copper bowls or old water jugs can be made into charming table lamps, with parchment or skin shades. Some of the new oil font lamps, too, are now being developed in copper instead of wrought iron.

Watch the Hairline!
With hats dipping down on the right side, particular attention needs to be paid to the left side of your hair. And since so many hats turn up in the back, a neat hairline is essential.

A Day's Menu
Breakfast—Orange juice, cereal cooked with figs, cream, crisp toast, milk, coffee.

Luncheon—Creamed salt codfish on graham toast, stewed tomatoes, soft gingerbread, milk, tea.

Dinner—Beef stew with vegetables, curly endive with bacon dressing, rhubarb Betty, milk, coffee.

MUSCULAR-RHEUMATIC PAINS
DRAW them out with a "counter-irritant." Muscular lumbago, soreness and stiffness—generally respond to good old Musterole. Doctors call it a "counter-irritant" because its warming-irritation penetrates and stimulates blood circulation and helps drive out infection and pain. It gets action and is not just a salve. But do not stop with one application. Apply this soothing, cooling, healing ointment generously to the affected area once every hour for five hours. Used by millions for over 20 years. Recommended by many doctors and nurses. All druggists.

To Mothers—Musterole is also made in milder form for babies and small children. Ask for Children's Musterole.

MUSTEROLE
BETTER THAN A MUSTARD PLASTER

Men's and Women's CLOTHING ON EASY CREDIT ASKIN & MARINE CO. 127 W. Washington St.

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THE NEW YORK STORE

Slashed Prices to Thrill Thousands!

Former values are not considered! Everything under our roof must be rapidly turned into cash now! Just a few days for our business to be entirely closed out! All remaining stocks must go! Thrifty thousands are coming daily to take away these marvelous savings! Don't delay your buying! Shelves, counters, ledges and cases are swiftly being bared! Many wonderful values will be disposed of Thursday morning before 10 o'clock for quantities are limited!

No Refunds! **ALL SALES CASH** No Exchanges!

BANKRUPT SALE

Much Spring merchandise and other desirable new items are being added daily to our present stocks and featured at sensational reductions to assure you exciting values at the opening of a season.

While They Last!
Coty's Bath Salts
A \$1.50 Value!
Assorted odors. Also Coty's Bath Powder offered at this amazing low price.
35c
PETTIS—street floor.

While They Last!
Nurses' Uniforms
\$1.95 to \$3.95 Values!
Made of fine quality materials, nurses' cloth, poplin and chambray. Hurry!
59c
PETTIS—second floor.

While They Last!
De Vilbiss Atomizers
\$1.50-\$2 Values!
A wide variety of assorted designs. Be here early for best selections.
38c
PETTIS—street floor.

While They Last!
Children's Frocks
\$1 to \$2.95 Values!
Print Wash Frocks, two-piece jersey and mesh suits—marked for clearance.
29c
PETTIS—second floor.

10 o'clock Special!
Spring Dresses
Values Up to \$25!
\$2
buy NOW
Just 56 Dresses to be offered at this price at 10 o'clock sharp. Includes a cotton crepes, sheers, prints and Spring novelties. All sizes up to 42. A variety of smart styles. Be here on time.
PETTIS—second floor.

\$3.50 and \$5
Foundation Garments
For All Types and Figures!
With and without innerbelts. Boned or boneless. Garments made of batiste, brocade and voile; brassiere sections of lace, swami and batiste. All desired sizes. Be here early!
\$1.29
PETTIS—second floor.

While It Lasts!
Curtain Materials
Up to 49c Values!
Grenadine, French ecru marquisette, shadow net and plain colored organdy.
10c
PETTIS—third floor.

While It Lasts!
Knit Underwear
Values Up to \$2.95!
Women's fine quality Knit Underwear, drastically reduced for clearance.
25c
PETTIS—street floor.

While They Last!
Bath Fixtures
Values Up to \$2.39
Closing our stock of porcelain Bath Fixtures, your choice of any piece.
10c
PETTIS—fifth floor.

Some Merchandise Soiled From Handling