

Cook's Task Made Easier by Progress

New Knowledge Aids in
Proper Balancing
of Foods.

Miss Ruth Chambers, whose articles appear daily in The Times, will conduct a cooking school under auspices of The Times, on Nov. 20, 21, 22, 23, and 24. Wednesday and Thursday. She is a home economic lecturer and writer. wife of Dr. W. C. Woodward, a member of the staff of the national livestock and meat board, has done considerable work in experimental cookery and is a dietitian of note.

BY RUTH CHAMBERS

The newer knowledge on the subject of nutrition has simplified the problem of the housewife who, not long ago, found herself enmeshed in caloric calculations until she considered hiring an expert accountant to work out menus for her family.

Under the earlier system, the value of foods was estimated according to the amount of energy they furnished, measured in calories. The discovery of vitamins, however, introduced another factor, for while vitamins do not contribute to the energy supply of the body, they have much to do with the utilization of proteins, fats, carbohydrates and salts.

The system of judging food by its caloric value has not been discontinued, but it has been made less cumbersome through the discovery that the exact calculation of food amounts is not necessary. The danger is not that a person may eat too much or too little of any one kind of food in a day, but that the diet may be lacking in some essential nourishment over a long period of time.

Building Food

The important thing to keep in mind is that the body needs building foods, fuel foods and regulating foods in sufficient amount. Proteins are the building foods. Carbohydrates and fats provide most of the fuel. Then there must be foods to furnish minerals, vitamins and bulk.

The daily menu may safely be built about the food which is the best supply of protein; that is meat, because meat also furnishes fat, mineral salts (iron, phosphorus and some copper), vitamins, specifically B and G, also traces of A and D.

Meat should be supplemented with fruits, vegetables, especially leafy vegetables, starchy foods, milk and a small amount of sweets.

The food requirements vary according to the individual. A growing child or an adult engaged in hard work needs larger amounts of food than other members of the family. When there are children in the family, it is safe rule to consider their needs first, since meals which meet their requirements certainly will be adequate for the adults.

Appetite Is Safe Guide

Appetite is usually a safe guide as to the amount of food needed, though it can not be relied on in the selection of food. To illustrate, the appetite may be satisfied by sweets; a diet of bulky food, such as potatoes, may appease hunger. Yet neither of these foods alone would supply the body's needs and malnutrition would be the result of such restricted diet.

Faulty food habits are another cause of malnutrition and the housewife should see to it that her family does not fall into bad habits, such as eating between meals. Irregular or hurried meals are also detrimental to health.

Balanced Menus

For variety in menus, select fruit and vegetables in season. Meat, which is always in season, provides variety according to kind, cut and the countless ways of serving it. Braised Pork Steak, Apple Rings, Baked Potatoes, Mashed Turnips, Hot Parker House Rolls, Raisin Pie, Coffee.

Broiled Steak, Potatoes au Gratin, Creamed Cauliflower, Hot Rolls, Ice Cream, Apple and Raisin Salad, Cake, Coffee.

Lamb Fricassee with Fried Egg Plant, Pea and Carrot Salad, Boiled Rice, Apple Pie, Milk.

Creamed Dried Beef, Boiled Rice, Pickled Peaches, Biscuits, Baked Apple Stuffed with Raisins, Cream, Sugar Cookies, Coffee.

Indiana Stomach Sufferer Eats Anything Now

After suffering for 10 years from stomach disorders, which caused pain and even nausea, Mr. F. C. Crell, 915 W. Logan St., South Bend, Ind., reports he was completely healed by a simple home treatment. He has been taking the same treatment he can sleep, and eats without worry about his stomach. He urges other sufferers to know about his experience.

Mr. Crell advises all sufferers from stomach ulcers, gas pains, excess wind, flatulence, constipation, sour stomach, poor digestion, dyspepsia, gastritis, and other stomach complaints, to give up a faulty diet, to try Udua at once. Now we offer the same treatment which produced such surprising results for Mr. Crell to all stomach sufferers on 15 days' trial, with money back if not satisfied. Send for our free booklet, affidavit of genuineness and a free book explaining the cause and treatment of various digestive disorders, including stomach ulcers. If you suffer, ask for the \$1.00 trial treatment today. If it fails to help you, we'll give you your dollar back.

At Haag's, Walgreen's, Hook's and other good druggists.—Advertisement.

Kill that COLD!

Don't Merely Coddle It with
Half-Way Measures!

A cold is nothing to trifle with! It may end seriously. A cold, being an internal infection, calls for an internal treatment. It also calls for a COLD remedy and not something good for a number of other things as well.

Grove's Laxative Bromo Quinine is what a cold requires. It is expressly a cold remedy. It is direct and internal—and it does the four things necessary. It opens the bowels, combats the cold germs and fever in the system, relieves the headache and grippiness and tones and fortifies the entire system. Anything less than that is taking chances with a cold. Grove's Laxative Bromo Quinine is sold by all druggists, 30c and 50c. Accept no substitute.—Advertisement.

EXHIBIT A-D



Members of Club to Be Entertained

Miss Knisely Will Be
Wellesley Group
Hostess.

Miss Dorothy Knisely, assisted by Mrs. Elizabeth Hisey and Mrs. Harlow Manion, will entertain members of the Indiana Wellesley club at her home, 131 East Thirty-sixth street, Friday.

The club has scheduled special entertainments to start Dec. 27 with a luncheon bridge at the Propylaeum in charge of Mrs. William Kreig; an evening bridge party, March 23, at the home of Mrs. Francis W. Dunn, 4138 North Pennsylvania street. Mrs. A. W. Noling and Mrs. R. C. Winslow will assist the hostess.

Children will be entertained at the May 21 meeting of the group with Mrs. W. J. E. Webber and Mrs. George Daily in charge.

Other hostess groups will include Mrs. John R. Curry, assisted by Mrs. Jesse C. Moore, Miss Lucetta Ohr, and Mrs. John Clark; Mrs. Thomas Garber, assisted by Mrs. Karl Koons and Mrs. Kreig and Mrs. John Robers, assisted by Miss Hisey and Mrs. Henry Atkins.

BIRTH CONTROL TO BE DISCUSSED

An open meeting of the Indiana Birth Control League will be held at 8 next Monday at the All Souls Unitarian church, following the annual business meeting at 7:30. Members are urged to bring their friends to hear talks by Dr. Murray Hadley, Professor R. Clyde White and Dr. C. O. McCormick at the open meeting.

Reports will be given during the business meeting when Mrs. Lee Burns, chairman, will preside. Other officers are Mrs. J. A. Goodman, vice-chairman; Mrs. Wendell Shirk, treasurer; Mrs. Benjamin D. Hitz, recording secretary, and Mrs. Theodore B. Griffith, corresponding secretary.

Assisting at the tea were Mrs. Richardson Sinclair, Mrs. William J. Young, Louisville, Ky.; Mrs. David Laurence Chambers, Miss Evelyn Chambers, Mrs. Paul V. McNutt, Mrs. Frederick M. Ayres, Mrs. J. W. Fesler and Mrs. Maurice Bayard.

ANNOUNCES TROTH OF MISS TEETOR

Announcement of the engagement of Miss Winifred Teetor, Hagers-town, was made at a luncheon bridge party Saturday at the Columbia Club.

Mrs. Charles N. Teetor, Hagers-town, entertained for her daughter, whose marriage to F. Delbrook Lichtenberg, Indianapolis, will take place Jan. 20 at the Teetor home.

Reports will be given during the business meeting when Mrs. Lee Burns, chairman, will preside. Other officers are Mrs. J. A. Goodman, vice-chairman; Mrs. Wendell Shirk, treasurer; Mrs. Benjamin D. Hitz, recording secretary, and Mrs. Theodore B. Griffith, corresponding secretary.

THE INDIANAPOLIS TIMES

MISS JONES FETED AT SHOWER PARTY

Miss Myrtle Wilson, 328 Layman avenue, was hostess Friday night for a personal shower, in honor of Miss Marjorie Jones, who will be married to Orville Peters on Dec. 9. Green

and yellow decorations were used. Guests included Mrs. Ralph Seal and Misses Josephine Bennett, Frances Antle, Naomi Mikesell, Frances McGaw, Eugenia Fitter and Betty McGaw.

Miss Jean McHatton will be hostess Friday night for a party for Miss Jones.

P.-T. A. to Meet

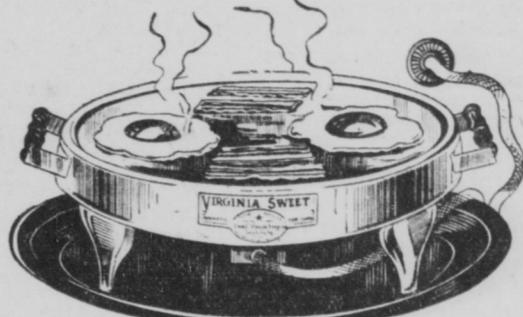
P.-T. A. of Wallace Foster School 32 will meet at 3 Wednesday at the school auditorium. Miss Martha Mary Hockensmith will present piano selections; primary group will sing and pupils of the physical training classes will dance.

FREE!

TUESDAY AND WEDNESDAY

"VIRGINIA SWEET" \$5 ELECTRIC GRILL

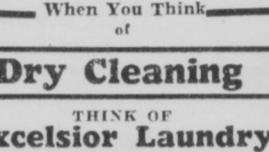
Free With Any Purchase of \$5 or More, Cash or Credit



(Approved by Good Housekeeping Institute)

Your "MONEY-BACK" If You Can Buy for Less Elsewhere

• 4-Room Outfit, Complete	\$198.00
• 2-Pc. Living Room Suite	\$ 49.50
• 3-Pc. Bedroom Suite	\$ 39.50
• Cedar Chest	\$ 13.95
• Rug (9x12 Seamless)	\$ 22.50
• Electric Washer	\$ 39.50
• Bed, Springs and Mattress	\$ 19.85
• Innerspring Mattress	\$ 13.95



JESSUP and ANTRIM

Order from your nearest dealer or confectioner.

Be Sure to Attend the . . .

TIMES COOKING SCHOOL
MURAT TEMPLE—NOVEMBER 21-22-23

"Not like others"

**"I HUNTED all day
long...and just knocked
'em cold.**

**"I smoke Chesterfields all
the time and I'll tell the
world...they're milder!"**

Chesterfield

the cigarette that's MILD! the cigarette that TASTES BETTER

© 1933, LIGGETT & MYERS TOBACCO CO.