

# 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 at the Mural Theater tomorrow, Wednesday and Thursday. She is a home economics lecturer and writer of wide experience. She is 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 menus 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 a 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 upon 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.

Roasted Pork Steak Apple Rings Baked Potatoes Mashd Turnips Hot Parker House Rolls Raisin Pie Coffee

Broiled Steak Potatoes au Gratin Creamed Cauliflower Hot Rolls Ice Cream Cake Coffee

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

Creamed Dried Beef Pickled Peaches Baking Powder Biscuits Baked Apple Stuffed with Raisins Sugar Cookies Cream Coffee

# Indiana Stomach Sufferer Eats Anything Now

After suffering for 10 years from stomach disorders, which caused pain after every meal, Mr. Edna F. Crell, 815 So. Logan St., South Bend, Ind., reports he was completely healed by a simple home treatment. He says since taking The Udga Treatment he can sleep, and eats without worry about his stomach. He wants all other sufferers to know about his experience.

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## EXHIBIT A•D



Mrs. Arthur Woodward

Mrs. Arthur Woodward is assisting with the arrangements for the exhibit to be held Nov. 30 under the auspices of the Indiana Artists Club.

## MISS TAGGART IS HOSTESS AT TEA

Miss Lucy Taggart entertained informally at her home, 1331 North Delaware street, Sunday afternoon, in honor of Mr. and Mrs. Donald Mattison and Mr. and Mrs. Henry Mayer. Mr. Mattison is director of the John Herron Art school and Mr. Mayer assistant.

Assisting at the tea were Mrs. Richardson Sinclair, Mrs. William J. Young, Louisville, Ky.; Mrs. David Laurance 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.

# Members of Club to Be Entertained

Miss Knisely Will Be Wellesley Group Hostess.

Miss Dorothy Knisely, assisted by Miss 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 Orr, and Mrs. John Clark; Mrs. Thomas Garber, assisted by Mrs. Karl Koons and Mrs. Kreig; and Mrs. John Roberts, 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. Hiltz, recording secretary, and Mrs. Theodore B. Griffith, corresponding secretary.

## 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 Fittz and Betty McGaw. Miss Jean McHatten 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.



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