

Breakfast Returns to Importance

Both Business Women and School Children Need Satisfying Meal.

The annual Indianapolis Times cooking school will be conducted by Ruth Chambers, Oct. 13, 14 and 15.

By RUTH CHAMBERS
National Livestock and Meat Board Member

Breakfast may be one of the pleasantest meals of the day. And is there a better way of beginning any day than by eating a satisfying breakfast?

Between the two extremes of the heavy meals of meat and potatoes (and pie!) which an earlier generation enjoyed, and the "continental breakfast" of coffee and a roll, or the pernicious no-breakfast fad of a few years ago, we seem to have struck a happy medium these days. Breakfast has become a real meal again, and the food we serve is light, tempting and nutritious.

A lack of time rather than a lack of appetite is the reason some persons neglect their breakfast. But if a very tempting breakfast is served, even confirmed sleepy-heads will find it worth while to get up in time to have their share.

School children especially need a nourishing breakfast to begin their day. Business women need substantial food for breakfast. In fact everyone who has a busy forenoon ahead should be well fortified by a satisfying meal in the morning.

Breakfast Parties Popular

It is the pleasant custom in many households to make a special occasion of Sunday breakfast. Then there is leisure for all to enjoy bacon and eggs or little sausages or any of the other dishes which seem just right for that meal.

Breakfast parties are a good way to entertain friends. A late breakfast, or combination breakfast and lunch, called "brunch" may be a very festive informal affair. There are many deliciously tempting dishes from which to select for these breakfast parties.

Fruit, fruit juice, coffee or tea, toast, muffins or other hot breads, cereals, hot or cold, bacon, eggs, ham, sausages, lamb chops, creamed leftover meats—all of these foods in various combinations are relished at breakfast time.

The following dish is delicious for breakfast and has the advantage of being easily and quickly prepared:

Liver in Baked Apples

1 cup ground cooked liver
6 apples
2 tablespoons lemon juice
1/2 cup raisins
1/4 cup chopped nuts

Core apples but do not peel. Combine ground liver, raisins, nuts and lemon juice. Fill the centers of the apples and bake in a moderate oven (350 degrees F.) until the apples are tender.

Three Lectures On Smartness Are Scheduled

The first of three lectures by representatives of the Alma Archer School for Smartness was to be given at 2 p. m. today in the Wm. H. Block Co. Auditorium.

The subject this afternoon was to be "The ABC's of Chic and Personality." The lectures are being given by Miss Diana Ford and Miss Virginia Madison Armistead.

The topic tomorrow afternoon at 2 o'clock is to be "How to Be Smart on a Budget." Wednesday at 10:30 a. m., Miss Ford and Miss Armistead will speak on "Magic of Color and Line."

Pruyn-Colvin Rite Announcement Made

Mrs. Frances H. Colvin, 3955 Winthrop Ave., has announced the marriage of her daughter Mary Lou to Theodore Murray Pruyne, Chicago, son of Mr. and Mrs. Murray Pruyne, 1402 N. LaSalle St.

The couple was married Sept. 25 in the Brown Street Church, Lafayette, by the Rev. C. C. Harold. After Nov. 1, they are to be at home in Chicago. Mrs. Pruyne is a member of the Butler University Chapter of Pi Beta Phi and Mrs. Pruyne is a member of Delta Tau Delta.

Minerva Club to Meet

Mrs. George W. Dyer is to discuss "Sovietism" at the Minerva Club meeting Wednesday. Mrs. V. C. Wiley is to be hostess. Response to roll call is to be Russian current events.

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Stars Highlight Colbert's New Gown



Stars of silver, embroidered on electric blue chiffon add an appropriate highlight to Claudette Colbert's newest evening gown designed by Travis Banton for her personal wardrobe. The skirt is espe-

cially suitable for dancing, with several circular layers of chiffon shirred into a molded, high waistline. The bodice is draped and graceful panels of the material float away from the shoulders or may be worn as a soft scarf about the throat.

duction of committee chairmen are to form the program at School 15 at 2:30 p. m. Wednesday.

A travel talk by Fred Dickens, followed by a social hour, honoring mothers new to the school, is to open the year's activities at School 15 at 1:30 p. m. Wednesday.

The Parent Education Group of School No. 80 will hold its first meeting Wednesday afternoon at 1:30 o'clock, under the leadership of Mrs. Robert Wild. Miss Edith Hall, principal, will speak on "The School and Its Relation to the Home."

Installation of officers and a social hour with music by children is to comprise the program of School 47 Wednesday afternoon at 3:15.

A talk by a representative of the Community Fund, a broadcast script by the Junior High School, installation of officers and a social hour will comprise the program of School No. 49, Wednesday afternoon at 2:45 o'clock.

A reception and tea for mothers new to the school will be given Wednesday afternoon at 2:30 o'clock at school No. 50. Music will be furnished by the pupils.

"Plans for the Coming Year" is to be the subject of a talk by Miss Ruby Lee, principal of School 28, at the Parent-Teacher meeting 3:15 p. m. Wednesday. Installation of officers and introduction of the traffic squad, a Riley program and a social hour will follow.

Exercises by first-grade pupils, a radio program and a short talk by a representative of the Community Fund are to make up the program for School 27 at 2:30 o'clock Wednesday afternoon. A tea will follow.

A short business session and social hour are scheduled for the program of the meeting of School 22 association 3:15 p. m. Wednesday.

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