

## Cutting Down On Sugar Can Be Comparatively Painless, Says Authority On Foods

NOW THAT THE NATION'S SWEET TOOTH is undergoing a little discipline, many a homemaker is working out ways to make her sugar supply go further. In the following paragraphs, Dr. Louise Stanley, chief of the U. S. department of agriculture's bureau of home economics, makes some suggestion along this line.

"Restricting retail sugar purchases may be a bit inconvenient at first," says Dr. Stanley. "But it can hardly be regarded as a kitchen catastrophe. In the first place, we can get along on a lot less sugar than we have been eating—and still have nutritious meals that taste good."

"For as far as actual food value is concerned—sugar is not an indispensable item in the diet for most of us. Sugar supplies food energy in an exceedingly palatable form. But as far as energy from food goes, any reduction in sugar can easily be taken care of by increasing quantities of other energy-giving foods in the diet. Whole-grain cereals are one such food group. Starch vegetables and dried fruits are others."

"Although sugar is a quicker source of energy than most foods—that is it can be digested and used by the body rapidly—most of us

who do not work at hard physical labor for long periods of time have no special need of quick energy."

Therefore, Dr. Stanley concludes, cutting down on sugar means little more to most of us than cutting down on a flavor that is particularly pleasing. And with a little thought, she believes, the homemaker can cut the sugar in her meals the necessary amount in comparatively painless ways.

KEEP A WEATHER EYE OPEN for out and out sugar wastes, she advises. One of the most obvious sugar wastes is the undissolved sugar in the bottom of a cup of coffee or tea. Others include over-sweetened foods, cake failures, etc.

Cut down on sugar in least noticeable ways, she urges. Experiment to see if the amount of sugar you have been putting on your breakfast cereal or in your coffee is just a matter of habit or whether you could be just as happy with less.

In fact, when it comes to eating less sugar, we might take a tip from the diets that are recommended for children. Little sugar is given to a child early in life—so he can learn to like the natural taste of foods undisguised. And his sweets are kept simple—served to him

either for dessert or just shortly after a meal. Sweets are such concentrated foods that they tend to take the edge off the appetite—make children or adults less hungry for other foods they need.

Try eating fewer rich desserts—fewer pastries and very sweet cakes. Fresh fruits are among the most nutritious and desirable of desserts—and they carry their own sugar. Canned fruits also come in the class of not too rich desserts. Dried fruits are one of the best sources of natural sugar. A pudding made with raisins or dates, for instance, needs less sugar for sweetening than a plain pudding.

Finally, suggests Doctor Stanley, add variety and supplement the weekly white refined sugar with other naturally sweet foods. Available now are honey, cane syrups, molasses, sorghum, corn syrup, and maple syrup. Molasses, cane syrups, and sorghum contain a good deal of calcium and iron.

WHEN HONEY IS USED merely to sweeten, it may be used instead of sugar, cup for cup. It is of about equal sweetness. If you use honey in cakes or quickbreads, you have to make certain other allowances.

A formula worked out for honey substitution for sugar by the bureau of home economics is this: If you substitute medium thick honey for all the sugar in a cake or quickbread—reduce the liquid in the recipe one half. If you substitute medium thick honey for half the sugar in a cake or quickbread—reduce the liquid in the recipe one fourth. Bake all such cakes and quickbreads at a moderate temperature to prevent too rapid browning and to keep the good honey flavor.

Sorghum, molasses and maple syrup—all have their own characteristic flavors. For all, there are available special recipes worked out that yield delicious cakes, puddings and cookings. Cakes made with syrup often are moist longer and syrups are especially good in gingerbreads and spice cakes.

Syrups, like honey, may be used merely for sweetening—on cereals, in sauces, etc. It takes about 1½ cups of syrup to equal one cup of sugar in sweetness. Corn syrup is half as sweet as sugar.

Recent studies made in the laboratories of the bureau of home economics show that corn syrup may be used in the standard recipes for muffins, plain cake and drop muffins. The corn syrup may be substituted, measure for measure, for the sugar specified and the liquid in the recipe reduced one third.

## Society—

Local Residents Will Attend Wedding Of Volinda Lewis in Washington

THE MARRIAGE of Miss Volinda Lewis, daughter of Mr. and Mrs. Ernest I. Lewis of Washington, formerly of Indianapolis, to Lieut. (j. g.) Hughes Call, U. S. N. R., will be held at 4:30 p. m. Saturday in Christ Church in Georgetown.

Mrs. John Morris Haines, an aunt of the bride-to-be, left yesterday for Washington to be a guest of Mr. and Mrs. Lewis and attend the ceremony. Mrs. James H. Gering, another aunt of Miss Lewis, will go east tomorrow and Mr. and Mrs. Reily G. Adams are leaving Thursday to attend the ceremony. Mr. and Mrs. Thomas Chandler Werbe Jr., DeFrance, O., also will attend the wedding. Mrs. Werbe is the daughter of Mrs. Haines.

Miss Lewis attended the Holton Arms in Washington and was graduated from Vassar college. Lieut. Call was graduated from Hackley school, Harvard university and the Harvard graduate school of business administration. He is stationed in Washington.

### To Show Film at Children's Museum

AMONG THE TREATS planned for the younger set during their spring vacation from school is a motion picture, "Trees and Homes," which will be shown at 2 and at 3 p. m. tomorrow in the Children's Museum.

The film, in technicolor, stresses reforestation and timber conservation. The show, to which there is no admission charge, is being arranged by the Children's Museum guild.

During the vacation week, the museum will be open from 9 a. m. to 5 p. m. daily. The guild's program committee will be on duty during those hours. It includes the Mesdames Donald Alexander, Henry Steeg, Oscar Jose Jr., T. Gordon Kelly, Edward Gallagher, John Troyer and William Finney.

### Mrs. Clifton Wheeler on Portfolio Program

"AN ENGRAVER" will be the title of Mrs. Clifton Wheeler's talk before The Portfolio Thursday night in the group's club rooms in the Propylaeum. Mr. and Mrs. John I. Kautz, Mr. and Mrs. Robert Frost Daggett and Mrs. Mary Kautz will serve as the supper committee.

Miss Beatrice Short, superintendent of the Public Health Nursing Association, will speak Thursday before the Cornell Cole Fairbanks chapter, Daughters of the American Revolution, in the Propylaeum. Officers will be elected.

Hostesses will be Miss Emma C. Claypool and the Mesdames Horace F. Wood, Newton Todd and Harold Martin.

A motion picture, "Cacti Gardens," will be shown Thursday for the Review Circle. Mrs. John S. Wright and Mrs. J. J. Williams will be hostesses.

Miss Margaret Remy, a member of the English department at Technical high school, will discuss "The Chivalric Ideal in the Works of Sir Walter Scott" tonight before members of the Century club in the D. A. R. chapter house. Earl B. Teckemeyer, president, and Edward J. Hecker Jr., secretary, have announced that the meeting will be a guest night.

### In a Personal View

MISS BARBARA HICKAM, daughter of Mr. and Mrs. Hubert Hickam, has just presented her graduate recital in piano at the Chicago Musical college in Chicago, where she has been studying with Rudolph Ganz. She will repeat the program in Indianapolis on April 10 in a recital at the World War Memorial.

Miss Betty Jean Whitehead, daughter of Dr. and Mrs. J. M. Whitehead, was among Stephens college students who took a botany field trip over the week-end. The group visited the St. Louis Flower show and Shaw's botanical gardens and attended a performance of "Claudia."

### Sororities

#### Psi Chapter, Beta Sigma Phi, Announces New Officers

Election of officers is on the agenda of THETA chapter, DELTA SIGMA KAPPA, for its meeting tomorrow. The business session will begin at 7:30 p. m. in Hotel Antlers.

Miss LaVerne Brown recently was elected president of PSI chapter, BETA SIGMA PHI, international honorary sorority.

Others named were Miss Leslie Fleming, vice president; Miss Retna Hershberger, treasurer; Miss Marie Delatore, corresponding secretary, and Miss Katherine Craze, recording secretary. Members of this chapter will meet at 7:30 o'clock Monday evening at Ho-



Miss Brown

tel Lincoln. At that time Miss Lincoln will appoint committee chairmen for the coming year.

Newly elected officers of BETA chapter, ALPHA BETA GAMMA, will assume the duties of their offices at a business meeting tomorrow evening at 8 o'clock. Mrs. Carol Joyce, 1529 Dawson st., will entertain the group in her home.

DELTA chapter, PHI DELTA PI, will have a business session tomorrow at 8 p. m. in the Chinese room of Hotel Washington.

Miss Pearl Beard, 1004 N. Delaware st., will entertain PHI chapter, DELTA CHI SIGMA, in her home at 8 p. m. Thursday.



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### Plan White Cross Guild Luncheon



Assisting with plans for the White Cross guild annual meeting, May 12 at Roberis Park Methodist church, are three presidents of guild chapters, (left to right) Mrs. Charles Spahr, Omega Phi Tau chapter; Mrs. James C. Reynolds, the Ruth L. Miers chapter, and Mrs. Fred S. Gorham, Meridian Street Methodist church chapter. The first two are newly organized chapters. This year the guild is dispensing with the usual social features of its annual luncheon and is having a camp dinner, followed by a business meeting.

### A Message

From a Small Boy to a Big One in the Service.

"Keep 'Em Flying, Big Boy." That was the message from a little boy.

It was written on child's stationery in boyish script beneath a picture of children's toys with a little tin soldier standing out in front. It is intended for some man in this country's armed forces.

The writer was Robert Bowes II, son of Mr. and Mrs. Robert M. Bowes of Williams Creek. It was the message he wanted tagged to a sweater for some soldier, sailor or marine.

The story about Robert is one of many that come daily to the attention of the White Cliff unit of Bundles for America. That organization is sponsoring a unique campaign to provide sweaters for men in the service.

They point out that any individual can be the donor of a sweater, tagged with his name and a message, for just \$2.25. The money goes to the knitters to do the work.

Continuing with the club's study of "Creative Personalities" (Phillip Henry Lotz) and "Twelve Tests of Character" (Harry Emerson Fosdick), two talks have been scheduled by the AMICA club for its meeting tomorrow.

"Evangeline Booth" and "Magnetism" will be the topics of Mrs. William Leonard and Mrs. D. W. Stewart. Hostesses for the occasion will be Mesdames J. A. Salter, Thurman Washburn and William Burham. They will provide a musical program.

Mrs. George F. Lawler will review Franz Werfel's "Embezzled Heaven" before members of the IRVINGTON CATHOLIC WOMEN'S STUDY club tomorrow in the home of Mrs. A. J. Ulrich, 5331 Ohmer ave.

A "Constitutional Quiz" will be conducted by Mrs. S. V. Overman at a meeting of CHAPTER F. P. E. O. sisterhood, tomorrow with Mrs. Robert Preston, 3536 N. Meridian st.

CHAPTER V will have luncheon at Hotel Lincoln tomorrow. Mrs. J. Harold Wright will lead a discussion.

Mrs. F. F. Knachel will entertain QUEEN ELIZABETH chapter, INTERNATIONAL TRAVEL-STUDY club at a 1 p. m. luncheon in her home, 1142 W. 36th st., tomorrow. She will be assisted by Mrs. Hugh S. Miller.

Continuing its study of American personalities, the HOOSIER TOURIST club will hear talks on Janet Scudder, Judge Florence Allen and Mrs. and Mrs. Louis Carpenter of Bloomington.

The ceremony will be performed Saturday in St. Catherine's church. A dinner at Bluff Crest and a reception at the home of the bride's parents will follow.

### Clubs—

#### St. Mary's Alumnae Group Plans Skating Party Monday; Advance Club to Have Luncheon

Among activities on club calendars for the near future are a skating party and a luncheon.

Arrangements are being completed by the INDIANAPOLIS club of ST. MARY'S college, Notre Dame, for the skating party to be given next Monday at Rollerland.

Mrs. Therese Keach is party chairman. She will be assisted by Miss Betty O'Connor, club treasurer, and the following members of the ticket committee: Miss Agnes Lauck, club president, and the Misses Betty Pittman, Marion and Joan Louchery, Ruth Habig and Ann Keach.

The luncheon will be held by the WOMAN'S ADVANCE club at the home of Mrs. W. G. Boyd, 3334 Broadway tomorrow. Mrs. J. H. Lamar will discuss "Twenty Minutes with Jack and Dot" on the program following.

A feature of the meeting will be responses to the roll call, which will be nicknames.

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