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Egyptian Staff

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Many Attend Teachers' Meeting

The teachers' meeting which was held at Carbondale last week was the largest gathering ever held in Southern Illinois, having an enrollment of 100 teachers more than ever before. The following officers were elected to head the Association for the ensuing year:

- W. O. Brown, Carbondale, president.
- Harry Wilson, Pinckneyville, first vice president.
- L. L. Evers, Metropolis, second vice president.
- Kate Hartline, Cairo, recording secretary.
- Otto F. Aken, Murphysboro, financial secretary.
- J. F. Karber, Ridgeway, treasurer.
- Harry Taylor, Harrisburg, legislative committee.
- J. U. Sutton, Vienna, member of executive committee.—Herrin Journal.

Y. W. C. A. ENTERTAINS WITH POPULAR SONG FROLIC

The Y. W. held a Frolic in the basement of the Allyn Building Tuesday evening, April 4, under the supervision of Zoe Fullerton. The password was a name of a popular song, and the frolickers entered to rhythm of latest jazz.

A short program was given consisting of the following:
 Reading, Gladys Bradley.
 Stunt, the Evolution of the Proposal—Mary Sturm and Hazel Aldridge.
 Reading—Winifred Kugler.
 Stunt—Zoe Fullerton.

The program was followed by a number of "get-acquainted games, carrying out the "popular song" idea. We must admit that Marie McCarthy is the best glass jug rider, and Bill carried off the prize in the "Musical Romance".

Refreshments were served in a very unique manner, and it was surprising how many girls fell for "Lover's Delight," and "Sparglin' Diamonds".

CARRIE DICK GOMERS PASSES AWAY

Carrie (Dick) Gomer, daughter of Robert Dick of Carbondale, passed away at Colorado Springs, after a lingering illness.

She is a sister of Fannie Dick, who was in school here last year. Mrs. Gomer was a graduate of S. I. N. U.



No organization in school has caused quite so much curiosity as the S. O. P. H. This organization is a Household Arts Club and met for the first time January, 1916. Many have wondered what the letters S. O. P. H.

mean. We tell our friends that it means "Still On Pop's Hands", but these industrious girls certainly don't intend to remain there long. The purpose of the club is to broaden our field of "knowledge" as well as for indi-

vidual improvement by means of literary programs, demonstrations, talks and a great deal of social life. If in doubt as to the "social" part of it—ask someone who knows!

STAG SOCIAL

On last Tuesday evening the Y. M. C. A. gave a stag social in the nature of a get-acquainted gathering. The boys wore overalls and old clothes and came prepared for the "fences", (both the "of" and the "de"). It might be indulging in the secrets of the order to tell the nature of the contests that were entered into, but I cannot resist mentioning about some of them. First, there was Lodge Grant and Ayre in those tight skirts hobbling across the floor, and then there was the lady that Fernside won. Corem Waller received a trumpet to blow (this was a mistake, as they forgot that he has one of his own which he generally blows loud enough).

Judge Brown gave his decision in favor of the Dodge car. The supporters of the Ford attribute this to the fact that Brown was run down by one last summer. In the peanut race, Frank Watson's didn't fall, but alas! When he got to the line he couldn't get rid of it. It is rumored that the material which the vulgar call gum played an important part in this.

After a few announcements by the acting president, Dilla Hall, the refreshments were served, or rather, thrown.

Ted Carson was in charge of the social and it was indeed a success.

S. O. P. H. ENTERTAINS SENIORS

A very delightful tea was given at Anthony Hall recently by the S. O. P. H. honoring the Seniors. Miss Mary Van Sickle was chairman of the Social Committee, and the afternoon was carried off as a huge success. The seniors all reported a good time.

NORMAL ORCHESTRA AND BAND PLEASE LARGE AUDIENCE

The Normal Orchestra have never played a harder or a better concert than they played Thursday evening before the Teachers' Association. The program was made up of carefully selected numbers which were greatly enjoyed.

The Normal Orchestra, Junior Orchestra, and Band combined gave the first half of the concert Friday evening, and the band alone gave the last half.

The Band not only shown technical ability, but they put in the little "Personal Touch" that makes the thing "go".

BLANCHE DILLOW MAKES GOOD

Had you forgotten that we still teach penmanship here in school? Well, if you have here is a letter that may waken you and start you back in the class. This letter was received by Mr. Bryant, our teacher of Penmanship, from A. N. Palmer Co.

Chicago, Ill., April 4, '22.

Dear Mr. Bryant:

You, no doubt, have received a report on the examinations submitted for awards.

Yes, I agree with you that the work of Blanche Dillow is quite wonderful. I am wondering if it would be possible for her to prepare specimens in black ink so that they can be reproduced in pointers as well as the American Penman.

Sincerely,
 THE A. N. PALMER CO.
 A. A. Davis, Manager.

Miss Dillow was a member of the penmanship class the winter term. We might tell you a little more about this class. The total number

S. O. P. H. Backwards Party

On Wednesday night, March 1st, the S. O. P. H. girls assembled in their "club room", the cooking laboratory, for one of their good time parties.

This party was a "Backwards Party." Each girl was to come out with her hair combed backwards, and her clothes on backwards. Another requirement of the evening was that all talking should be backwards. The girls entered the laboratory backwards, and what a sight! Some were much embarrassed to find a person of male gender sitting calmly in one of Miss Jones' chairs, this presence was an accident, however, and the gentleman soon left.

Carrying out the "backwards" idea, refreshments of hot wieners, hotter mustard, bread and butter, were served the first thing. After an evening of contests, games, and real live fun, the girls went to their homes tired, but maintaining a deep interest in the S. O. P. H.

WEDDING BELLS

Miss Lexy McAllister and Hugh Warwick Boos were married March 18 in Christopher by the Methodist minister of that city.

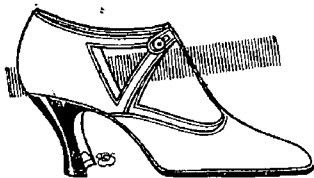
Mr. and Mrs. Boos were former students in S. I. N. U. They will make their home in Carbondale, where the groom has entered business.

in the class was 48. Over 30 received teachers' diplomas. Six received Palmer High School Diplomas. Out of the class eight received the American Penman diplomas. I don't be-

(Continued on Page Six)

Spring Shoes

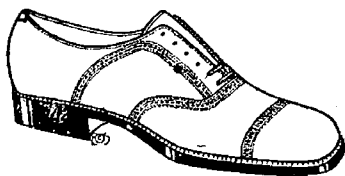
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THE PASSING OF THE CHAPERON

Thomas Arkle Clark, for twenty years dean of men in the University of Illinois, makes some acute observations on the manners and tendencies of the youth of today, in an article in the April Atlantic Monthly entitled "The Passing of the Chaperon." For those of us who have played the role of the chaperon for the last fifteen years, more or less, (it's nobody's business how long), this article is of much interest, and it may prove to be slightly interesting to the chaperoned.

He relates that he and his wife endeavored to be in touch with the students and kept up reasonably well with changing fashions in dress and dancing, and were never so far behind the procession as to be considered "back numbers." As a consequence they were favored with frequent invitations to act as chaperons at the students' dances and other social gatherings. They were treated with consideration, and experienced a good deal of pleasure. The young people seemed to enjoy their presence, the cab that was to take them to the dance was always waiting at the door at the exact time, and some one prominent in the class or organization always called for them and accompanied them to the dance hall. There they were honored, asked to dance, were handed punch and treated as if they were royalty or were being rushed by a sorority.

After an absence of a year or two, studying and traveling, the dean and his wife found on their return that things were not quite the same. As chaperons they received less courtesy, the men were a little cruder, the young women less thoughtful, and not quite so punctillious. After a few such occasions it was borne in upon them that chaperons were going out of style, that the young people did not consider them essential features of their festivities. They began to realize that social conditions were not what they formerly were—that customs were changing, that new styles, such as their eyebrows and bobbed hair and highly colored complexions were being worn now; and the rumor was correct. They had heard too that the chaperon was not the respected citizen she used to be; that she often sat alone in a remote corner of the room, neglected and forgotten. "She now belonged to another generation, like the horse and table-cloth and pickle-caster."

Dean Clark does not, however, re-

gard the passing of the chaperon as marking a distinct moral decline. He says young people have less reserve than they once had; they conceal less that is physical and mental than they once did. "They lay," he says, "quite bare, in fact, without batting an eyelash, what they are and think and feel; but I cannot see that this has affected their morality in any way."

What he says further is also the result of close observation and probably expresses the thought of many observers: "It is not because the girl is unsafe, or because she is less modest, that I am sorry to see the passing of the chaperon; it is because she is a little less refined. Going to a dance now is like eating at a lunch counter, where the food may be as varied and as savory as at a well-ordered and carefully served dinner, but where there are lacking the little refinements of napery and cutlery, and the little touches and attentions which mean quite as much as the food itself. The modern girl lacks

a certain graciousness, an appealing finesse and poise which characterized her older sister. She is not quite a lady, as we were once wont to define the term. She has gained something, perhaps, but at the same time she has lost something. And I am sorry."

This is at once a severe yet kindly criticism and is worth while for the girls he means to read and reflect upon it.

THOUGHT FOR THE DAY

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S P O R T S



U. H. S. ALL-STARS FALL BEFORE THE FAST QUINTET OF THE BUCKLES UNIVERSITY IN A POST-SEASON BASKET BALL GAME.

It was a fast and thrilling contest throughout. The score was so close that an additional five minutes was required to see who was victor. The score was tied at the end of each quarter. The wee lads of the U. H. S. were leading at the end of the fourth quarter and with only thirty seconds to play, the Buckles quintet which had been letting the visitors enjoy themselves, emerged from seclusion and tied the score. The game started off with a bang, but the wee lads of the annex to the Buckles University were completely swept off their feet. The U. H. S. wee lads were unable to penetrate the defense of the Buckles because of the superb guarding of Fearn sides and Duncan. Ayre and Watson also distinguished themselves by the fact that they towered above the baskets and all they had to do was to shove the ball down through the basket, and believe us they did it.

The Buckles University was represented by its regulars, of which you have read of in championship games. They were:

	Field Goals	Fouls
Watson, f	9	1
Applegate, f	0	0
Ayre, c	6	0
Fearn sides, g	0	0
Duncan, g	0	0
Total score, 30.		

The U. H. S. was represented by its season's all stars. They were:

	Field Goals	Fouls
Renfro, f	4	1
Bridges, f	2	0
Johnson, c	2	0
Hickey, g	4	0
Maddock, g		0

Referee and aid-de-camp to the U. H. S., Lynn McCormack, played his usual game.

After the game, an old-fashioned last-day-of-school dinner was served. Here the wee lads of the U. H. S. struck their rears. It was a close contest, but it could be seen from the side lines that they were victors. Here again the all star center of the Buckles University quintet, Glenn Ayre, was again star. It was whispered that he had been fasting for two weeks so that he might live up to his reputation.

GIRLS' BASE BALL

Girls, come out for base ball practice, Wednesday the 8th hour. Teams are going to be organized by each class and a tournament will be held sometime during the term. So get behind your class and back it. The Seniors won the Basketball tournament,

but will they carry off the honors in baseball, too?

Come out and try.

"SKEEZIL" ELECTED B. B. CAPTAIN

At a meeting of the letter men of the basketball squad last Thursday noon, Merritt Allen was selected by vote to lead the Championship team which will represent the S. I. N. U. in the year of 1922-1923.

By this action the services of little "Skeezil" for the past four years on the basketball team were officially recognized. Ever a hard worker it has never been Skeezil's policy to "Let George do it," or coast on his previous achievements, but always to keep on striving and working for the glory of the team of which he is a member and the school he represents.

Men like Skeezil make athletics worth while. It is the earnest hope that in the coming years more athletes of his calibre will be produced. Here's to him and for a winning year next year.

G. A. A.

The newest organization on the campus this year has been the Girls' Athletic Association. It was organized by a group of girls with Miss Wanda Newsum as the faculty advisor, and quickly came to the front. The purpose of the association was as follows: To promote interest in outdoor activities, to improve the health, to develop sportsmanship, to stimulate interest and to sponsor school activities.

A system of points was adopted by the girls. Credit was given for hiking, basketball, baseball, teaching or organized games, "stunts," swimming, horse-back riding, gymnastics, athletic activities. During the year parties too were given. An honorary list of members wore a small letter "N" and for gaining 125 points large "N's" were given.

Spring football will be given for such of the men as wish to avail themselves of the opportunity to take the work. The work will be under the direction of Marvin Hamilton, captain of the team for the fall of 1922. Classes will meet the eighth hour every day for about three weeks. No effort will be made to cover other than the simplest work. Passing, kicking, fundamental formations and the running of signals. So many of the men who come out in the fall are absolutely green and are lost in the maze of the game. For these the spring work is particularly good. Class base ball teams are being

organized. Last year about one hundred boys were playing base ball. Of course all of them cannot be worked the same afternoon but have to be divided into squads of twenty or twenty-five per day and then the squads rotate in practice. There is no money available to put the tennis courts into first class condition, but they will be cleared off and when dry will be available for the people who wish to play. A coaching course will be given for those who wish to take the work. Track work will be covered first, to be followed by basketball and toward the latter end of the term some time will be devoted to foot ball.

During the chapel hour Friday, April 7, the sweaters were presented to the high school and Normal honor men. The high school sweaters were presented to Bailey, Lynn McCormack, Max McCormack, Charles Renfro, Hank Renfro, Joe Hickey, Burton and Bryant. The Normal honor men seemed to have it in for Skeezil Allen, who was elected captain for next year, and all speeches were given over him. Capt. Brooks and McCandrews said a few nice things about each other. Brooks has finished his fourth year on Normal team and certainly has made a good record. Pickett, who came to us from Samen, is another good man we hate to lose. N. Huffman shall be missed on both football and basketball teams next years. He was the only man to receive honor sweaters on both the football and basketball teams. Slat Valentine, Carter, Chance and Allen will be with us again next year. The Normal men receiving sweaters were: Brooks, Valentine, Allen, Carter, Chance, N. Huffman, and Pickett.

YEA, U. HIGH

We read in the "Obelisk" from Murphysboro that the "Big Four" in basket ball in this district are Marion, Murphysboro, Herrin, and Sparta. They fail to take into consideration that U. High defeated them twice this last season.

As an outlook for next year we offer the following: We will lose only two from the team this year, Bailey, center; and McCormack guard. We have a student body of five hundred in which to draw to fill their places, including Renfro, who held down the guard position for half the season, and Phillips, who was ineligible this year on account of residence. Next year we will have with us Cromwell, who during the past season held down center on a strong Indiana team, and emerged at the tournament as the state all-star center.

CALL FOR TRACK

A call for track has been issued by Coach Snider. All boys in the first four years are eligible to try out who are under twenty-one, who have had a year of residence and who have never played in any college or professional contest of any kind. All boys interested should see Snider at Once.

U. High is going to the Southern Illinois Track Meet at West Frankfort and expects to make a good showing despite the fact that we haven't had a team for five years.

Here are some of U. High's records: Southern Illinois Cross Country 1914-1915.

Winner of Sparta Invitation Meet, 1916.

Winner of 100-yd. dash at Urbana (Nesbitt), 1916.

U. H. NEVER LOST BUT ONE DUAL TRACK MEET.

SUMMARY OF SCORES AND FOULS

Brooks—
Field goals—99 points.
Free goals—8 points.
Technical fouls—13 points.
Personal fouls—9 points.

Chance—
Field goals—94 points.
Free goals—39 points.
Technical fouls—3 points.
Personal fouls—8 points.

Valentine—
Field goals—198 points.
Free goals—6 points.
Technical fouls—11 points.
Personal fouls—11 points.

Allen
Field goals—22 points.
Technical fouls—5 points.
Personal fouls—17 points.

Carter—
Field goals—10 points.
Technical fouls—1 point.
Personal fouls—18 points.

N. Huffman—
Field goals—24 points.
Free goals—1 point.
Technical fouls—3 points.

O. Huffman—
Field goals—12 points.
Free goals—2 points.
Technical fouls—3 points.
Personal fouls—2 points.

Lollar—
Fields goals—8 points.
Free goals—1 point.
Technical foul—1.
Personal foul—1.

The Normal team of this year made a creditable showing by winning fourteen out of twenty games played. Two of the six games lost were dropped to the Herrin Elks; two to Cape Girardeau, one to McKendree

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EDITORIAL

Remember the dog that brings a bone carries one.

A beauty sleep means that handsome is as beauty doze.

Be careful! The birds are watching who buys garden seeds.

This is the time of year that thoughts wander, and ambitions are forgotten. It is so hard to think of tomorrow when today is interesting and beautiful. Nature seems to call us like the call of the wild. The song of the bird is more catchy than the ring of the class bell. Isn't it so, there are stickers on all the roses?

Pep, like consciousness, cannot be logically defined, but merely described and its states enumerated. It doesn't pay to run out of pep, any more than it would pay to run out of consciousness right in the midst of a tirade from some member of the faculty. The fellows who lose their pep when the opposing team crosses the goal line ahead of us, or oftener than we, or when the other team is

filling up baskets faster than we, is not a very valuable student. The world hates a quitter.

Mention has been made of the "states" of pep. If might properly be called a disease, or, since that connotes something unpleasant, an obsession. Its symptoms are these—it comes upon one unexpectedly, under circumstances; it is accompanied by turbulent sensations arising from within, and given vent to be clamorous yells emitted by the vocal organs; its effects are many and far-reaching—upon the players it acts as a stimulus; upon the yellers themselves it reacts as an added stimulus; while to the visitors and townspeople it proves that school loyalty is alive.

The S. I. N. U. has plenty of pep. It is all broke out with pep. But it needs cultivation, it needs encouragement, it needs direction. Let us see that our pep maintains an incessant flow—that it loses none of its vigor—that it is expended for objects worthy of it. Let us cultivate it, encourage it, direct it. And when as in that memorable Charlestown football game, an overflowing amount of pep reaches the players, and compels them to put forth their utmost

effort for victory, to fight almost harder than they can, for themselves, and the school, and as it has done in innumerable instances since, we see the best example of what pep is, and what it does.

Let us give due credit to it, and thank Heaven that we are not yet so petrified that we have lost it.

SPOOKS!

It was 10:00 P. M. The moon was just coming up. We sat on the ground looking about us, hardly knowing whether to be afraid or not. On all sides of us were tombstones casting strange shadows in the pale moonlight. To myself I thought, "Would that I were home in bed." Aloud I said, "What a perfectly glorious night. I'm so glad you suggested coming out here. Isn't it lovely?"

But what was that noise? About twenty feet to the right stood a big dog—oh, no, it was only a large wreath on a new grave. But what is that just in front of us? A man—yes, a man. Oh, and he is dressed in white. But he isn't coming any closer. Listen to that creaking and groaning! Of course, it is only the wind in the trees. But there is that man (or is it really a ghost?) just where he was a minute ago. And what is that in the shadow of that large stone? Again I thought, "Why did I come?" And again I said aloud, "Don't you just love to walk on pretty nights like this? I'm not one bit frightened, are you? What is there about a cemetery to score anyone?"

But that man was still there. Those strange noises could still be heard.

All at once I remembered my chemistry lesson. Turning to my companion I said, "Really, I must be going home. Much as I am enjoying

this I have a perfectly horrible chemistry lesson to prepare." So we quite reluctantly (seemingly so, at least) departed and left the cemetery inhabitants to their peaceful pursuits.

However, all the way home I was thinking of Coleridge's

"Like one that on a lonesome road
Doth walk in fear and dread,
And having once turned round
Walks on and turns no more his
head,

Because he fears a frightful fiend
Doth close behind him tread."

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GINGER SNAPS

WHAT'S IN A NAME?

The girl was AVEL, the SMITH'S daughter. She lived in a dense WOOD, and had to cross BROOKS over BRIDGES to get to the STREET. She often cut REEDS with a GOLDEN VAN SICKLE. One day said she, "I'll leave this WOODY home with nothing but ugly BROWN BOLES, and move to a HOUSE on the top of the HILL, where I'll live by myself in PEACE." She covered her BUNTING dress with WHITE WOOLY FURR. An old DURHAM cow chased her, and she CLEM a tree, but BENNETT. She screamed, for the cow gave a KEEN BAILL. She fell to the ground where she LAY until a GARDNER, who was WADDINGTON'S found her. Saye he, "GOFORTH to your home." She walked sadly on saying, "Oh! How I RUE this day."

When the girls are in the kitchen and there's eatables around, And they're makin' all kinds of cookies and candy by the pound, There's a dozen different reasons why we pass that way, For our thoughts keep driftin' back there all the live long day, When I get old and crabbed and want pleasures all my own, I want an S. O. P. H. girl to rule my little home; And I sometimes have a feeling that I want to settle down When the girls are in the kitchen and there's eatables around.

—1916 OBELISK.

MADAME LA RANGE COLUMN

My Dear Miss La Range:

I would like very much to know why Mr. Bainum blushes when "Mac" mentions feeding sweets to the basketball boys?

Caricously,

IDA CLAIRE.

Miss Claire:

You might ask Mr. Bainum who threw the crackerjacks on the train going to McKendree.

My Dear Miss La Range:

I am especially anxious to attract attention from a certain young lady in school here. Would you advise the use of toilet water, powder or just plain perfume?

Yours for advice,

HERMAN SPARR.

Mr. Sparr:

It would not be policy to recom-

mend some of the above articles above the other. However, look through the columns of the "Egyptian" and form your own opinion. Tennis is often recommended for the complexion.

WHO'S WHO IN VACATION-LAND

One of the many thrills of teaching is looking forward to summer vacations.

Faculty anticipations:

Our Prexy recuperates in Method's fashion at Epworth on the shores of Lake Michigan.

Miss Bowyer—will learn still more grammar somewhere.

Miss Trovillion—Nothing doing—"Had my fling last summer."

Miss Cox: Will master the recipe for baking pies—biscuits having been attained.

Miss Baldwin: Bar Harbor or Newport?

Mr. Bryant—"Why, of course, I shall continue to work. I like that best."

Miss Williams—"Paint! Paint!"

Mr. Wham—Not art in the form of paint, but in the form of words—namely, lectures.

Miss Steagall—Is it holiday pure and simple, or is it still a fun in the form of gardening?

Miss Newsum—Will continue to strive in order to meet the gasoline bill.

PAY DAY

'Twas the night before pay day, and all throu my jeans

I hunted in vain for the price of some beans;

Not a quarter was stirring, not even a jit—

The kale was off duty, drilled edges had quit.

Forward, turn forward, O Time in thy flight—

Make it tomorrow just for tonight.

—Ex.

A WELL BALANCED DIET

What do we mean by a well balanced diet or a balanced ration?

It means, to supply in the meals of each day, in a form best suited to the individual, all the substances needed to build the tissues, bone, muscle, nerve and blood; to provide energy for the day's activities, and to keep the body in good working order.

In order to do this the housewife must give some time to the planning

of her menus. Her menus will be influenced by the following factors: the pocket book, time and seasons, community customs, individual notions, health, size of family, and ages of its members.

One great help is the standardization of the meals to be served at different times in the day. This is to be determined by each family group according to its food needs. If adults are sedentary, and have ample room meals, the breakfast may be light, consisting of fruit, cereal, toast and coffee. If the workers are engaged in muscular activities then the breakfast may be heavy, consisting of fruit, cereal, some kind of bread stuff, eggs or meat, and a hot beverage, coffee or chocolate.

For the mixed family group, where adults are not engaged in very muscular activities, a light breakfast is the most convenient type—for it provides essentials for children.

The intelligent housewife plans for menus from the following standpoints: Scientific, Esthetic and Cost.

From the scientific standpoint, she will include in the menu food that contains protein, carbohydrates, fats ash and vitamins.

A meal of protein may be of an advantage in Arctic climate; it stimulates heat production and gives a feeling of warmth; but would be very disadvantageous in a warm climate.

One of carbohydrates, would leave the stomach too soon to suit the ordinary meat schedule.

Fats are not appetizing, and if eaten, digest slowly, giving no zest for another meal.

The advantages of knowing relative fuel value of different foods and different dishes, will prevent the housewife from preparing one day foods high in fuel value, and the next day, foods low in fuel value.

Example of the first type—cream soup, fat meat, salad with mayonnaise, ice cream, and chocolate cake.

Example of second type—bouillon soup, lean fish, riced potatoes, sliced tomatoes and fruit.

Foods difficult to digest should not be massed together—for instance: griddle cakes, fried pork, fried potatoes, and plum pudding should not be served the same day.

Concentrated foods should be diluted with other foods.

Butter is a concentrated fat and should be eaten with bread. Cheese is a concentrated protein, and can be eaten with crackers, or it may be

prepared in a white sauce and served on toast, or it may be cooked with macaroni.

Foods like fruits, promote the appetite and should be eaten at the beginning of the meal.

Foods that stimulate digestion should precede those that retard it.

From the esthetic standpoint—the aim of the housewife is to arrange a meal not only wholesome, but a joy to all the senses. Happy is the housewife who takes pride in assembling her family around a table which is a delight to the eye, and which makes the mouth water. Not all have a natural gift for making pleasing food combinations, nor the opportunity to study the achievements of others.

The housewife may be helped by visiting hotels, restaurants, tearooms; by exchanging meals with a neighbor, and to compare menus in interesting and instructive.

Factors that enter in the planning of menus from esthetic standpoint:—color, flavor, texture, temperature.

What would you think of sitting down to a meal of cheese souffle, sweet potatoes, creamed carrots, baked bananas? From a nutritive standpoint, this is alright; but would weary the eye by the sameness of color.

Would you enjoy a dinner where the soup, salad and meat were flavored with onion, and perhaps onions served as a vegetable?

No one would care for a meal consisting of soup, nut loaf, mashed potatoes and custard. Why not? Because all are of the same texture.

Nor would you enjoy a meal of boiled ham, potatoe salad, bread, ice cream and iced tea. Why? Because everything is of the same temperature.

Many popular combinations offer sharp contrasts in texture—namely, cheese and crackers; tea and toast; ice cream and cake.

Then there are combinations that create not only pleasing effects, but good combinations of flavor; for instance: cranberries and game or fowl; apples and pork; tomatoes with cheese or beef.

Cost of food is influenced by:—production, marketing, retailing, way in which food is put up, and the esthetic appeal which it makes to the customer.

Cost of food may be reduced by buying directly from farmer or factory, from cash store, from nearest

(Continued on Page Seven)

Sports

(Continued from Page Three)

and one to the Flora Tigers. Of the six games one was lost by one point, one by three and one by five. The other three were dropped by comfortable margins. The Maroons lost only one game on the home floor and that to Cape by a one point margin in the last five seconds of play.

Capt. Brooks played his fourth year and did splendid work throughout the season. Clyde never has been noted as a high scorer, but there never has been a man on the Normal floor who fitted better into team work and who covered more floor and kept up a whirlwind speed for the full forty minutes as has the Normal Captain. Carter and Allen are holding down the guard positions for the third period. Valentine came to us from Marion high and Chance happened in from Salem high. Pickett who subbed at guard also hails from the burg Bill Bryan made famous. Lyle Huffman, substitute center, was playing his third year and hails from Carbondale. Carter, Allen, Valentine and Chance will be back next year. This will give a fine nucleus with which to start the year. With several of the scrub who will be back and some of the high school men expected in a good team for next year should be assured.

Letter men for this year: Brooks, Valentine, Carter, Pickett, Allen, Huffman, N., and Chance.

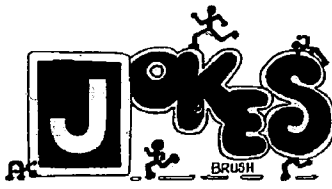
FOOTBALL SCHEDULE FOR 1922

Oct. 20—Charleston—there.
Oct. 27—Cape Girardeau—there.
Nov. 4—Shurtleff—there.
Nov. 10—Cape Girardeau—here.
No. 24—St. Louis U. Freshmen—here.
Nov. 30—McKendree—there.

The present arrangement calls for only two games at home. There is a possibility that the Shurtleff game will be played in Carbondale. The contract with McKendree calls for a return game at Carbondale on Thanksgiving day 1923.

The team should have eight letter men around which to build next fall. Captain Hamilton and Goforth are the only back-field men left. For the line McIlrath, and Huffman will be back to fill the wing positions. Fishel will be here to play at left tackle and Cox and Willoughby at the guards.

It took a humble Raven to put the Poe in poetry.



JOKES

When the door's ajar, can you use it for canning?

What kind of a key fits a lock of hair?

"Do you have a date tonight, Snookie?"

"Well, I have a chance."

Mary Mathis: "Do you know what they made kraut out of in Germany during the war?"

Katherine: "No, what?"
Mary: "Cabbage."

Why are blackberries green when they're red?

FOR GIRLS ONLY

(Read backwards)

!boys foolish You
.it read you'd knew We

THE DINERS

The gambler should dine on steaks.
The policeman on beets.
The actors on ham—and duck eggs.
The woodsman on chops.
The critic on roasts.
The jeweler on carrots.
The electrician on currents.
The wife on tongue.
The husband on pocket beak rolls.
Sweethearts should dine on venison, because they are deer to each other.

Alice Edwards: "When I've graduated I must inform myself in psychology, biology, bibli—"

Mother: "Stop! I have arranged for you a thorough course in roastology, bakeology, stitchology, darnology, and general domestic hustleology. Now, get on your working clothesology." —Ex.

PETTICOAT LANE

Catherine Wilson says:
"Onions may be good for a girl's arteries, but they're rough on her friendships."

One Monday morning, early, quite early, the I. C. was on its way to Carbondale. One sleepy student, as the conductor yelled "Cobden"! picked up her bags and got off the train. Abbie sleepily waited for the train to pull out, so she could cross the tracks and journey out toward Anthony Hall.

All at once, since the train had pulled out, she discovered that she was in the town of Cobden.

After waiting hours and taking a train to Anna, thence to Carbondale, she was only one day late for school.

Myrtle Hill to Glenn Fishel (football man): "Were you ever paralyzed for holding?"

Glenn: "Why-er-I had my face slapped once."

DR. W. A. BRANDON, '01

Carbondale, Illinois

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A. C. HORSTMAN

Manager

BLANCH DILLOW MAKES GOOD

(Continued from First Page)

lieve we have had better material in one class than we had last term. I suppose we will have to give credit to our teacher. We are glad that we have a good teacher and hope to make future records better than the past.

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Shampooing and Scalp treatment. Also Facial Massage, Skin Treatment and Manicuring. Make your appointment now. Phone 279-Y

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FINE ICE CREAM AND CANDIES

When Thirsty

A WELL BALANCED DIET

(Continued on Page Five)

market or by making a garden and raising vegetables.

In purchasing food material, one must not think only of the building material and energy that the food will give, but one must consider how much calcium, phosphorus, iron, and vitamins. These are constituents are exceedingly useful in counteracting constipation and intestinal putrefaction. Therefore fruits and vegetables have a real place in the diet, aside from the calcium, phosphorus, and iron value,

and at least as much money should be spent for them as for meat and eggs.

In conclusion, let me say, that the Ideal Meal is a simple one in which the different types of food are harmoniously represented, but not repeated; and where the foods are well cooked and each contributes its own characteristic flavor, texture, form and color to the making of a well blended whole.

(CHRISTINE GOLDEN.)

Agnes: "If you were compelled to travel, what book would you choose as your constant companion?"

Lorwen: "A check book, please."

WHERE DO YOU BELONG?

Many kinds of people buy candy at the Y. M. C. A. candy counter, and they have many ways of doing their purchasing. However, they may be divided into about nine different groups.

Class I. The fellow who knows exactly what he wants. Occasionally he refuses to buy any candy at all if we have not his particular kind. For instance, Prof. Felts must have Nickalof; Slat's Valentine calls for Oh Henry; Davis yells for chocolate Nougat.

Class II. The fellow who doesn't know what he wants and doesn't care particularly what he gets. Arthur Christoph walks up, throws down a nickel and calls for the biggest five-cent piece in the counter. Prof. Murkelroy doesn't care what kind of candy he gets, just so it is the smallest piece we have. (He claims candy is fattening.)

Class III. The fellow who doesn't know what he wants but is absolutely certain that we haven't it, whatever it is. We are indeed thankful that we have but a few such customers.

Class IV. The fellows with special lady friends.

Section a. He brings his lady up to the counter, being not in the least embarrassed. (Watch the big old senior boy who plays a six man defense on the senior team. Oh, yes,

and the little senior boy, too).

Section b. The less bold; these are almost like section a, except that they are rather embarrassed.

Section c. The sly. These fellows come and buy their two pieces of candy and walk around the corner and share up.

Class V. The loafers. These people sit on the edge of the counter and worry us all a great deal because of the danger to the counter and to the candy stored below. The president of this class is Othel Eaton.

Class VI. The fellow who always treats the crowd. This class of customers is mighty good for the candy counter trade but we sometimes feel sorry for their pocketbook.

Class VII. The speeders and the speedless. The speeders are those who hurry up to the counter and push ahead of the crowd regardless of how many are waiting, or how long they have been waiting. The speedless are those who get there just as the candy counter is locked and the saleslady has started to class. Just watch Maurice Pyatt do his buying this way.

Class VIII. The hesitators.

Section a. Those who select a piece of candy, decide they don't want that kind, price the other ten kinds, and at last decide to take the kind they first selected.

Section b. The fellow who starts by the counter determined he will not buy any candy, succeeds in getting half-way by, can't resist the temptation longer, turns around and comes to the counter and buys a peanut bar. The best example of this type is Carl Mason.

Class IX. The popular young ladies. These are the girls who somehow manage to get from 5 to 12 treats per lay from 6 to 12 different boys.

Perhaps there should be a few more groups added to this classification. Perhaps your group isn't mentioned here. But whatever your individual method of purchasing candy may be, you are always welcome, and the Y. W. C. A. appreciates your patronage.



Supreme in style
as they are in value

If you would have shoes which express the newest and best in footwear fashion, with never a trace of the "freakish" or undignified—

Comfortable as only perfect-fitting footwear can be, and of such superior material and workmanship that they will retain their shapely beauty under the hardest service—

Then look for the Queen Quality trade mark on the sole of every pair of shoes you buy.

To a million fastidious women it is the symbol of style, fit and that unusual service which means economy. It is your assurance of shoe satisfaction.

A smart, comfortable, thoroughly practical walking Oxford, much liked by the "tailor-made girl."



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Recently of St. Louis is now located over Carbondale Trust & Savings Bank. Special attention given to students' optical needs.

"See Grammer and see Better"

WHO DA THUNK IT!

Deneen Watson, Dick Cherry, Frank Smith, Johnny Dill and Fat Williams will be in charge of the Methodist Sunday School April 23. Come and see. Oodles of specialties. No Admission.

Place—Barth Theatre.

Time—9:30.

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To the Students of the Spring Term

We wish to call attention to our stock of wearing
apparel for the Easter-tide—Dresses, Hats, Hosiery,
etc. Also we carry a nice line of piece goods—for
summer frocks.

Permanent finish organdy, 40 inches wide, all
colors, \$1.50 value, yard 85c
Tissue Gingham, yard 75c
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All kinds of variety store items at pre-war prices.
Give us a call.

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Money Talks

Jackson County Statistics

In the four years preceding the present County Superintendent's first term there was collected from teachers for examination, registration, and renewing of certificates and paid to the County Treasurer, \$1,366.50.

In the present County Superintendent's term of seven years he has paid to the County Treasurer from the same fees collected, \$3,355.00.

The State fund distributed for the four years prior to the County Superintendent's first term was \$52,102.60.

During the present County Superintendent's term of seven years he has distributed to the School Treasurers of this County over \$200,000.00.

The present County Superintendent has labored continuously for a large State Distributive Fund and you can see how ours has increased.

This year and next we will receive about \$100,000.00 more, making a total of over \$300,000.00 during his term.

He expects to labor to have this doubled the next four years. Give him a chance to do it by your vote April 11th.

The Sanitation Law stated that this Distributive Fund be withheld from the school districts that did not meet the requirements of that law.

LOOK at the amount that would have been withheld and left in banks if all the Directors had refused to comply with that law.

In 1914 there was one Standard School. Now there are 125.

It cost less than \$100,000 to fix the school houses to meet that law, so you see by July, 1923, we will be over \$200,000.00 ahead of what it cost.

Was it not a good investment? Yes, and our children are better housed than the children in any county in the State. These statements are facts.

In 1921 there were 293 teachers, 8,300 pupils, 900 in high school, with a total days' attendance of 1,124,760.

In 1914 there were 216 teachers, 7,923 pupils, 229 of them in high school, with a total days' attendance of 824,410.

Teachers' salaries have increased 45 per cent since 1914.

COMMITTEE.

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Tennis Balls 25c and 50c
Base Ball Gloves \$1.00 and up
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