

FACULTY
RECEPTION
SAT. NIGHT

The Sligonian

BAND
CONCERT
FEB. 23

Volume XVI

TAKOMA PARK, D.C., FEBRUARY 19, 1931

Number 22

National W. C. T. U. Leader Speaks in Chapel

ECONOMICS STUDENTS MAKE MENU RECORD

DIET AIDS GIRLS' HEALTH

American Red Cross Boosts Home Economics Project

It is possible to thrive on 20 cents a day. This fact was disclosed last Tuesday by Miss Anna Roedel, head of the Home Economics Department, as the four weeks' test diet on rations closed.

The cheerfulness and laughter expressed the girls' approval that the low cost menu, though economical, had not failed to supply the elements needed for the body.

All the girls are more fit than they were at the start of the period, according to physicians who conducted examinations to determine the outcome of the experiment.

Feels Better Than Ever

"I never felt better in my life," was the comment of Miss Roedel, who directed the experiment, working in co-operation with officials of the Public Health Service, the Bureau of Home Economics and the American Red Cross.

Substituting protein foods such as cottage cheese, eggs, peanut butter, and soy bean milk for meat, a strictly vegetarian diet was observed. A liberal supply of tomatoes and oranges furnished the necessary vitamins.

The girls sat down to every meal with good appetites, attributed by those in charge to the ban on eating between meals. Desserts were served.

(Continued on page 3, column 1)

MANAGER OF REVIEW AND HERALD EXPIRES

Due to the death of Elder E. R. Palmer, the Review and Herald Band Concert which was the fifth number of the College Lecture-Concert Course was postponed until Monday evening, Feb. 23.

Elder Palmer, general manager of the Review and Herald Publishing Association situated in Takoma Park, died Thursday morning, Feb. 12, at the Washington Sanitarium and Hospital, after an attack of double pneumonia.

Elder Palmer was born in West Charleston, Vt., on March 22, 1869, becoming an adherent of the Seventh-day Adventist faith when a boy of 12 years. He was a student at the denominational school in South Lancaster, Mass., from 1887 to 1892.

During the years 1888-93 he was secretary of the publishing department of the church in Vermont. Making his

(Continued on page 3, column 1)

LIBRARY SCIENCE CLASS TOURS PAPER MILL

At 6 a. m. today the Library Science class left Columbia Hall for Spring Grove, Pa., to take a two-hour tour through the P. H. Glatfelter Paper Mills. This mill is claimed to be one of the finest mills in the East.

The mill is near York, Pa., a distance of 110 miles from Washington. The class will stop at Gettysburg en route.

There were three car loads besides the class members, including President H. H. Hamilton.

FACULTY TO TENDER STUDENTS RECEPTION

HELD AT CENTRAL HALL

Saturday night, Feb. 21, the faculty will entertain the student body in the first formal reception of its kind ever given in Washington Missionary College. At 8 p. m. the students will gather in the dining-room of Central Hall to be entertained by songs, readings and speeches given by members of the faculty.

President H. H. Hamilton, who will be master of ceremonies, will open the evening with a welcome address.

The program is to be given entirely by faculty members. Professors C. E. Weniger and C. L. Woods will sing. Miss Rozetta Thurston and Miss Veda Marsh will each give a reading, and Prof. E. C. Blue will portray a demonstration of chemical magic. Other musical features of the program will be a violin solo by Prof. Victor Johnson, a vocal duet by Mrs. G. E. Jones and Miss Florence Oliver and a piano-louge by Mrs. Howard Metcalfe. The program will be followed by light refreshments.

SUPERIOR GRADES ARE EARNED BY STUDENTS

The first semester's examinations are over, but the grades from them go on forever. These examinations revealed some interesting statistics as to the number of high-grade students.

Out of the entire group of collegiate and academic students, only 69

(Continued on page 4, column 3)

The Spectator

By S. M.

Not often does a tree make me think. But down Kennebec avenue last week, I saw one that did.

There were three trees, really, yet only one—three growing out of one.

Seventy percent of my readers will stop here.

The only reason that I saw the three-in-one tree was its development. It was perhaps 80 feet high—30 feet in circumference at the base. The three trunks reached up side by side, from a common foundation toward a common firmament.

Twenty percent more of my first readers quit here.

In that tree I saw one perfect life, built up from the strong elements of mind, body and soul—mental, physical and spiritual fibers. They were strong together. That is why I noticed the tree.

Three percent of my first readers remain.

And that is why there are so few "voices in the wilderness." People have forgot how to think. They can't stand conclusions that are different from the direction of their lives. Many, many trees—now and then, one to make you think. Many echoes in the world—very few VOICES.



GEORGE WASHINGTON IS HERO OF YOUTH

NATION PAYS DUE HONOR

George Washington is admittedly the hero of youth. It was as a young man that Washington, through his stability of character, rose to heights of responsibility. At the age of 17 he was a public surveyor. As a soldier he began his remarkable career as major at the age of 19. At 22 he was a lieutenant-colonel. Little wonder when the country was seeking a commander-in-chief for the American Army during the Revolution, that Washington was chosen.

His was the unflinching and indomitable spirit so admired and coveted by young people. In history's graphic word-pictures we see him crossing the Delaware amid floating ice, suffering at Valley Forge, struggling against discouragements, planning and directing for the nation's welfare.

After the United States had gained their independence, and the need for a president arose, Washington was again the unanimous choice of the American people. Through the perplexing difficulties of establishing a nation's government, Washington stood steadfast, with the consciousness that he was right, and such right makes might.

BULLETIN

At a meeting of the senior class Donald Stonier was elected president and Jean Wingate secretary. Other returns are not complete.

DR. WILKINSON SPEAKS ON SABBATH QUESTION

There are many men who think it worth while to spend all their lives in studying some small mineral matter of the earth, which was created upon the first day of the week of creation. Other men spend all their lives studying the sun, moon and stars, which were made on the fourth day of the week. But there are few men who spend any time in the study of the Creator Himself, or in the memorial of His creative power, which is the Sabbath. This was the sentiment of Dr. B. G. Wilkinson's lecture at Mt. Pleasant Hall last Sunday night.

The lecture, "Who changed the Sabbath?" was preceded by a 15-minute health talk given by Dr. Edna F. Patterson of the Washington Sanitarium and Hospital. The topic was "High Blood Pressure."

Special music was rendered by Mrs. A. T. Christiansen who sang "How Lovely Are Thy Dwellings" and "God Will Take Care of You."

The subject of next Sunday's lecture is "The Beast and His Image."

REGISTRATION SHOWS RECORD ENROLLMENT

IS LARGEST IN HISTORY

With a record enrollment of 397 students at the beginning of the second semester, W. M. C. matriculation for this year is 6 above that of last year, and the largest in its history.

BULLETIN

Latest returns from registrar's office report 400 registrants. Anticipations of last year to pass 400 mark reached.

From the year 1918-19, when the enrollment of W. M. C. first reached the 300 mark, the number has gradually increased, until 1923-24, when 326 were registered. Still the number grew to the 370 mark in 1928-29. Last year the enrollment at this time was 391.

The Columbia Union is the source of most of the students who attend W. M. C. as it is the only College in this union. Many students also come from Mt. Vernon Academy and Shenandoah Valley Academy, the academies of the Columbia Union Conference.

Each year adds to the teaching facilities of W. M. C., and brings improvements in its various departments. The student enrollment goal for the ensuing year has been set to go over the 400 mark.

The second semester enrollment is also cosmopolitan at W. M. C., for its students come from all parts of the world. From China comes Wang Chi Chang, from Singapore, Miss Muriel Rosenberg and from Montreal comes Percy Manuel. Representatives also come to W. M. C. from Michigan, Miss De Ette Alderman; from New York, Lloyd McEllen; Miss Ruth Herman from Ohio.

ASSOCIATION ELECTS ENTIRE ANNUAL STAFF

Preparations for the Book of Golden Memories have been started. The annual staff was elected at The Students' Association meeting, Monday, Feb. 16. Because of the enthusiasm and willingness to back the publication, it is hoped that the annual will be the best yet.

The staff is as follows: editor-in-chief, B. A. Wood; associate editors, Bertha Magill, Maynard Bourdeau, Ruth Stanley, Mildred McClary; social editor, Violet Numbers; religious editor, Edith Starr; academic editor, Bethel Rice; art editor, Raymond Montgomery; photographic editor, Ronald Hannum; business manager, Laurence Senseman; advertising manager.

(Continued on page 3, column 5)

MRS. ELLA A. BOOLE DEFENDS PROHIBITION

HOOVER PASSES PLANS

W.M.C. Is First College In U.S. to Sign Youths' Roll Call

By Louise Archibald

President Hoover is not alone in his stand against the repeal of the prohibition amendment. Mrs. Ella A. Boole, president of the National Women's Christian Temperance Union, said in chapel yesterday that already 500,000 American young people have signed the Youths' Roll Call, pledging to support and defend the 18th amendment.

W. M. C. Pledges Support

"As soon as we get a million signatures, we are going to take them to President Hoover. We hope to do that this fall," she said. "When I was at Washington Missionary College two years ago, I presented the Youths' Roll Call. At that time I had the pleasure of getting the signatures of the entire enrollment of the school—the first school in America to pledge unanimous support."

The purpose of Mrs. Boole's lecture was to show the status of the prohibition problem in America today. She took up the report of the Wickersham Committee on law enforcement, and explained President Hoover's attitude.

"I do not believe that a revision of the 18th amendment would be satisfactory. I consider it my duty to defend and protect it."

(Continued on page 4, column 1)

NATIONAL EXAM TESTS PRE-MED STUDENTS

The scene is Prof. E. C. Blue's classroom in College Hall at three o'clock, Friday afternoon, the thirteenth of Feb. Twenty second-year premedical students of W. M. C. aspiring to enter a medical college next school year, were sitting at desks with a vacant seat between them. Everyone had paid his admission fee of one dollar.

Doors Barred

The door was locked and not another person was admitted to the room. Prof. Blue, standing behind his desk, announced that the medical aptitude test was about to be given. Each student realized that the result meant life or death to his medical career.

"All books, all notes and all paper must be put away; no material is allowed except pen or pencil," was the solemn announcement of Prof. Blue.

Each student received a preliminary study sheet, on one side of which was

(Continued on page 3, column 5)

Belated Christmas Gift Brings Comfort To Lonesome and Confined Halcyonites

What is the first thing a Halcyonite thinks of when she becomes ill and must be kept indoors?

It has a mouth but does not talk. It has a nose but cannot smell. It has ears but cannot hear. It cries when it has not been hurt. And last but not least, it came from Robinson's department store in Battle Creek, Mich.

This object of interest was a belated Christmas present to a member of the Halcyon Club. When she brought it

back with her she was teased, but now the very ones who ridiculed her for possessing it are glad for the comfort it brings. Lonesomeness is checked by its presence; troubles and pains are forgotten. It acts as a cheering light to those who are confined in South Hall.

This unusual object that is capable of accomplishing tasks in which many humans fail is none other than Peggy Ann, a doll.

The Sligonian

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The Sligonian stands for
1. Clean journalism, unprejudiced,
impartial.
2. Bible truths and the Advent mes-
sage.
3. Sane advancement in education.
4. Brotherhood of faculty, students
and alumni.

LET GEORGE DO IT!

"Let George do it!"
First it was an expression of after-
noon tea. Then it became a joke in
social circles. Now it means merely
to "shift the responsibility."
But when the starved, struggling,
scared colonies wanted unshackled
freedom and rights, they said, "Let
George do it!" And he did.
General George Washington—
presiden, citizen, man—upset prece-
dents, undermined politics and out-
witted Europe's greatest generals. He
made America and gave to America
this long remembered lesson—"all
things are possible to him that be-
lieveth." He did it! All hail to such
a man, the Father of our country.

FACE THE JUDGE

Students of W. M. C. were warned
of an oncoming aptitude test, which
was to be given to those who were
contemplating taking the medical
course. Several weeks of hard study,
nervousness and worry followed. No
one knew the type of examination
which was to be given. Each pre-
pared himself for Friday the 13th.
The day finally arrived. Twenty
students registered for the test. They
were ready to meet the judge, who
would test their knowledge and ca-
pability in medical lines. The judg-
ment hall was barred, and all was
quiet.

These students were prepared to
meet the judge who would either
keep them from or help them in the
accomplishment of an ambition.
Are you preparing yourself for the
great judgment day, when every
sinner will be judged according to his
works? Will you be ready to "face
the Judge?"

TRUTH WILL OUT

You may get away with it this
time—and the next—and the next
—and the next; but not forever. You
may fool everybody now, and most
of the people quite often, but your-
self—never. But you don't have to
"get away with it." So why try?
You don't have to put up a bluff.
Someone is sure to call it. So why
do it?

A Tribute to Washington

Father of our country; author
of liberty. Thy name alone re-
veals great deeds long done by
thee. Honored by all mankind;
longer than statutes stand. Thy
immortal work lives on in this
our dear free land.

FOR IT OR AGAINST IT?

Looking at the annual proposition,
we surmise that everyone isn't en-
tirely favorable to the constitutional
dictum. One sage in meeting Mon-
day sums up the matter by saying
that it is impossible for a student
body of our size to be 100 per cent
in back of any proposition.

It does seem that as we near the
kingdom of God, though, that we
should be able to narrow our own
desires down to the point of looking
through a single eyepiece of expedi-
ency.

Just offhand, here are some points
to consider: The constitution pro-
vides for an annual. The Associa-
tion has published two Books of
Golden Memories. The first book
left a debit. The second book made
a credit. Both books sold for a dol-
lar. The first annual staff was elected
November 23, 1928. The second an-
nual staff was elected October 16,
1929. The present annual staff was
elected February 16, 1931. The
first failed financially. The second
succeeded financially. What will this
third annual do?

Some do not favor annuals. We
wish they would tell us why they
do not favor annuals. It's possible
we could see eye to eye in the situa-
tion if all of us knew all the reasons.

The President was very gracious,
we feel. He advised us against the
present plan because of the general
financial depression, and then he
pledged his support to the purpose
of the Association. As unprejudiced
observers, we are pondering as to
whether we were as courteous to his
advice as he was to our decision.

PROCLAIM THE TRUTH!

Church members, awake to the
importance of the circulation of our
literature and devote more time to
this work. Place in the homes of the
people papers, tracts and books that
will preach the gospel in its many
lines. There is no time to be lost.
When the church takes up its ap-
pointed work, it will go forth "fair
as the moon, clear as the sun, and
terrible as an army with banners."

Let every Seventh-day Adventist
ask himself, "What can I do to pro-
claim the third angel's message?"

Christ came to this world to give
this message. How are we to give
it? Every believer should scatter
tracts, leaflets and books containing
the message for this time. Colpor-
teurs are needed who will go forth
to circulate our publications every-
where.

If there is one work more impor-
tant than another, it is that of get-
ting our publications before the pub-
lic, thus leading them to search the
Scriptures.

BE YOURSELF

If you would win a princess, make
yourself a prince. Strive to be, not
just to look a prince. If you are one,
it will show. Royalty needs no robes.
True nobility shines forth in rags. A
scoundrel is ill-concealed by a crown.
It is not how you look, but what you
are that counts.

Why try to seem what you are
not? If you are not what you ought
to be, change yourself! Strive to do
better, not to conceal. Stride for-
ward and make a better mark; don't
spend time going back trying to
cover up your old tracks. Truth,
whether it is good or bad, will come
to light. Why not do everything
right so that you can look the world
in the face and be proud to admit
what you have done?



Mount Vernon on the Potomac, the home of America's first President, is a typical Virginia farm of colonial days. The buildings have been restored as nearly as possible to their original condition.

Former Home of George Washington Still the Same After Century and Half

Mt. Vernon, the home of General
George Washington while he lived
and the final resting place of the first
President of the United States, still
stands on the banks of the Potomac
River.

It has been said and oft repeated,
that it is a patriotic duty of every
American to visit at least once in a
lifetime the home and tomb of George
Washington.

The rooms are furnished today the
same as when occupied by George
Washington and his wife Martha.
The garden surrounding the estate is
still the same as it was when Mrs.
Washington laid it out. To the left
of the picture is the old Spinning
House where stands the old loom and
spinning wheel, also the old coach that
was used by Washington and his
family.

The estate at Mt. Vernon passed
through the hands of various members
and heirs of the Washington family

until the year 1856, when the property,
composing 200 acres, was acquired by
the Mt. Vernon Ladies' Association,
which is the present owner. This
Association consists of one member
from every state in the Union. They
hold meetings at various times
throughout the year to discuss the up-
keep of the historic mansion.

Standing on the broad colonial col-
onnade of the mansion, you have before
you a vista overlooking Deer Park
where the old tomb of the Washington
family was situated until 1833. This
tomb was desecrated and robbed
by vandals of a skull supposed to be
that of George Washington. On April
19, 1833, the remains of George and
Martha Washington were transferred
to the new tomb, located on the estate,
where they now repose in two marble
sarcophaguses, watched and guarded
by one of the Washington family ex-
slaves who was born on the premises
and has remained there ever since.

DO YOU KNOW

That **The Sligonian** has a new four-
plank platform?

That **The Sligonian** pages have been
changed from a fifteen-inch column,
which has been used since May, 1927,
to a sixteen-inch column?

That the streamer at the top of
each new **Sligonian** is in smaller type
and contains more words?

That **The Sligonian** presents a book
review each week (on page two)?

That **The Sligonian** is a newspaper
member of the National Scholastic
Press Association with a second-class
honor rating?

That **The Sligonian** calendar gives
only the most important happenings
of the week?

That **The Sligonian** has approxi-
mately 168 square inches of ads each
week?

That page two of **The Sligonian** is
given over entirely to feature articles?

That **The Sligonian** of 1925 had but
four columns on a page, and each
column was but fourteen inches long?

That the streamer was first used in
The Sligonian in 1927?

That if you have any news, views or
comments that you would like to see
in **The Sligonian**, feel free to send
them in?

That **The Sligonian** was entered as
second-class matter on Dec. 20, 1916,
under the act of March 3, 1879, in the
Post Office Department of the United
States?

Coming Events of Campus and City

Friday, February 20
Elder L. E. Froom—Chapel 9:15 a. m.
Sunset—5:41 p. m.
Devotional Meeting—8:00 p. m.
Sabbath, February 21
Elder L. E. Evans—Sligo Church,
11:00 a. m.
Monday, February 23
Elder C. S. Watson—Chapel, 9:15
a. m.

Penny Ponderings

By H.B.C.

Chapter III

I was glad when I heard that it
was Washington Misionary College
and that I was in the greatest city
in the world, Washington. The name
thrilled me, but still this College
where I heard so much of God and
His mighty works, pleased me so
that I decided to lose myself in some
crevice to remain there and enjoy life.

It was Saturday evening and Dick
decided to go to town and visit the
Congressional Library, that beautiful
building where he always did his re-
search work. So he took me along, to
my great enjoyment.

While running for the bus, the
greatest disaster of my life happened.
Oh! I could hardly stand the shock
and to be sure I didn't know what to
think. I fell from Dick's pocket and
lay as if I were a penny run over by
a live-ton truck.

Lost for Many Days

Many days and nights passed and
no one seemed to see me lying on the
damp ground. It was hard for me to
get used to such treatment after hav-
ing the best of care while at Washing-
ton Missionary College

This life was so different. I didn't
realize before how nice it really was
there until I could not hear the fine
conversations of the fellows and the
faint strains of music that always
made me feel so much at home.

It was a dreary day when a puff of
cigarette smoke blew over my face,
as a slender fellow said to his mate,
"I've found a penny!"

To be sure, he found me, to my dis-
gust, for after a while, mixed with
the other pennies in his pocket, I
found he had just finished a gambling
game at the University.

Remembers W. M. C.

The University was some place, a
dance tonight, a card game the next,
then a dance, a card game and a dance
filled some part of each day of almost
every week.

I remembered dear old W. M. C.,
and longed to be back. Oh! what
wouldn't I give just now to be there!

Such a contrast between the College
and the University. I can well re-
member that there was no swearing
or evil speaking at W. M. C., and
that each fellow worked hard to bud-
get his time and be a success.

I wandered through many degrad-
ing places with this terrible fellow
just because I had to.

Lost Forever During Frolic

He took me to a dance one eve-
ning, a dance where drink was served.
It became late, and some of the people
were staggering about. I noticed my
owner started to loll and all at once
I felt myself flip through the air and
roll and roll, finally landing in a cor-
ner, only to drop through the joist
into a final resting place.

Many thousand times I thought
about W. M. C. and wished that I
could be back there, but now it is too
late. I am imprisoned for life.

Thus one penny died, finding that it
is better to work with God against ad-
verse conditions than to live a life of
worldly pleasures without the Mighty
Saviour.

The End

Antique Sabbath School "Buggy" Device Ends Six Months Trip Over Rough Roads

The Sabbath school "Buggy" has
reached the end of its journey. For the
past half year this unique device has
served the Sligo Sabbath school to
reach its mission goal.

"The Buggy" was built to accommo-
date traveling in the days of stage-
coaches when there were three classes
of passengers. Apparently all were on
an equality at the beginning of the trip,
but as they journeyed along, the road
became rough and steep so that it was
necessary at certain places to have the
second-class passengers walk while the
third-class passengers had to push.

The coach and horses represent the
Sabbath school, while the individual
classes are designated by the first,
second and third class passengers.

Numbered cards representing these
classes are adapted with reference to
the three colors of the traffic lights—
green, yellow and red.

In order to be a first-class pas-
senger, the class must reach an aver-
age of from 95 to 100 percent in daily
lesson study, attendance and financial
goal, which is 30 cents per member.

The first class rides "The Buggy,"
the second class walks, while the third
class pushes.

HALCYONITES SELECT NEW CLUB PRESIDENT

Miss Ava Covington was elected to take the place of Miss Verna Slate as president of the Halcyon Club at the regular Thursday evening meeting, Feb. 12. Miss Virginia Fleming was also elected as cultural secretary to fill the office vacated by Miss Beatrice Levine.

Halcyonites agreed to send a sunshine basket to one of their number, Miss Levine, who is convalescing at the Washington Sanitarium after a thyroid operation. A box containing eatables, small gifts and cheering notes was delivered to her last Sunday.

As a special feature of the meeting, Miss Martha Jane Ruble, accompanied by Miss Fleming, played a violin solo entitled "Berceuse," by Goddard.

ELDER PALMER SERVES TRUTH LIFETIME

(Continued from page 1)
first connection with the General Conference of the denomination in 1894, he spent several months in Christian salesmanship throughout different parts of the United States.

Going to Australia in 1895, he acted as director of publishing activities for the church in that continent. Later he became president of the Adventist school in Avondale, Australia, spending two years at that post.

Elected Secretary of G. C.

Elder Palmer was elected secretary of the General Conference in September, 1901, and in 1903 he came to Takoma Park with the same official position, when the headquarters of the denomination were moved from Battle Creek, Mich., to Washington.

Of the 28 years he lived in Washington, he was general manager of the Review and Herald Publishing Association nearly 18 years.

Elder Palmer is survived by his widow and four children, Miss Pansy E. Palmer, Clarence E. Palmer, Delma M. Palmer and Mrs. Alice L. Walton of Union Springs, N. Y.

Funeral services were held in the Takoma Park church at 3 o'clock Sabbath afternoon. Interment was in Rock Creek Cemetery, Washington.

GUESTS ENTERTAINED ON INEXPENSIVE MENU

(Continued from page 1)
only three times a week. Two girls were assigned to the preparation of each meal, while the remainder checked the calory contents of the food eaten.

The department entertained in its course of food experiment such guests as President and Mrs. H. H. Hamilton, Mr. and Mrs. C. C. Pulver, business manager of the Washington Sanitarium and Mrs. W. Howe, also of the Sanitarium, who verified and checked the menus.

Miss Ida P. Rodgers, member of President Hoover's emergency committee on unemployment, was interested in the experiment and a history of the four weeks is expected to be used by her in planning for relief work.

Those taking the tests were the Misses Dorothy Sampson, Edith Starr, Margie Luttrell, Louise Beaty, Anetta Truman, Mildred Griffin, Edna Stoneburner, Gertrude Baldwin and Veda Marsh of the College Health Service, as well as Miss Roedel, department head.

Physicians are checking the condition of the girls, and until publication of *The Sligonian* the results were not announced.

HAVE YOU SEEN

the new improvements at the Sligo Del.? Delicious lunches served in comfortable private booths, to the sweet strains of radio melodies.

SLIGO DELICATESSEN

602 Flower Ave.

Man Lives on Less Than 30 Cents a Day for Four Years and Gains Weight

Page Miss Anna Roedel, director of the department of Home Economics, food expert, leader of the Fasting Committee. It seems that the 29-cent-a-day diet experiment has aroused one fellow of feeling to express his belief in the value of stomach reduction. This letter came via air mail last week:

Members of the Fasting Committee, Washington Missionary College, Washington, D. C.

Dear Girls:

You can now begin once more to eat three meals a day, since what you are trying to prove has already been proven over a period of four years in my case. While I was going to — University at —, N. Y., I regularly lived on less than thirty cents a day for meals the whole four years I was there. The first two years I did it just because I am Scotch and the last two I did it to keep from borrowing any money.

Less Food—Feels Better

At one time in between, while I was working on building construction work in New York City, running around all day and getting about six hours sleep a night, I had the cost of fodder down to eighteen cents a day for a period of about two months, and never felt better in my life. In fact, I was beginning to feel airy, when I was suddenly called on to come back home to —.

A few weeks after arriving, I had gained about 20 pounds in weight at the family board, so it was probably a good thing for me that I was called home. I was never sick a day of the whole four years I was on the starvation diet, and in fact, felt better than I do when eating an ordinary amount.

Lives on Sandwich and Milk

The first year, I lived regularly on one bean sandwich and one and one-third glasses of milk each meal, with a few apples now and then, which diet cost me regularly about 27 cents a day, consisting of half a loaf of whole-wheat bread for 6 cents, half a can of Campbell's beans for 6 cents and one quart of Guernsey milk for 14 cents; apples and sugar for the beans averaged about one cent.

My last year in school I changed that diet to three cheese sandwiches and a double handful of raisins per day, with a pint of milk every three or four days. The cost of that combination averaged 28 cents a day and nothing has ever tasted so good when mealtime came. The 18-cent-a-day meals consisted of one loaf of whole-wheat raisin bread for 12 cents and about six cents' worth of butter and lettuce to put between the bread. At that time I had a steady job at \$35 a week, but I knew I would need the money when I got back in school.

I am as yet unmarried and perhaps you think it is a good thing, as I might starve my wife to death. Such

would not be the case by any means, even if she would submit to it, since I am now eating three good meals a day myself, due to my mother having gotten me in the habit again and I haven't gotten out of it even when I am away from home, as I am now.

People Are Extravagant

As for your idea of teaching the poor people how to live cheaply, it can't be done to any appreciable extent. One of the reasons they are poor is that they spend all their money on worthless things in prosperous times, rather than saving it for the hard times that are bound to come and then think they are starving to death if they can't have meat, the most expensive food, two or three times a day.

The way things are now, a lot of them would have to go on my 18-cent-a-day diet in order to get along at all. And I don't believe they will do that, because it takes a lot of shrinking of the stomach before that can be done with any degree of comfort at all. But, I am in favor of trying to get more food to them rather than advising them to live on 18 cents a day, or 29 cents, your figure.

Wheat Is Good Food

I don't know how boiled wheat grains would go as food, but it seems to me that it ought to be all right if a man was hungry enough. And with the large surplus of very cheap wheat in the country, it seems to me that that would be the thing that would go the farthest and do the most good for a given amount of money. If some millionaire, or the government could buy up several million bushels of raw wheat to be given away, and instruct the people who came for it how to cook it, it would help relieve the wheat surplus, and the poor people's hunger as well. It would also determine who was really in need of food, and who just wanted something good to eat free of charge.

Yours reminiscently,

C. E.

The Men's Glee Club will present a program of sacred music at the Eastern Star Home, Friday evening, Feb. 20. Horace Shaw will speak and Horton McLennan will play a saw solo.

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WRITE FOR SCHOOL CALENDAR

ALUMNI ASSOCIATION GETS COMMENDATION

Recently many letters have come in to the W. M. C. Alumni Association from alumni in all parts of America. They all express their appreciation that the Alumni Association has been revived.

Miss Helen Conard, class of '28, who is now registrar at the Lodi Academy, Cal., says:

"I am enjoying my work very much. We have an enrollment of 192 at present in the academic and normal grades, and 125 in the church school. We have just had our semester examinations.

"I spent Christmas vacation in Southern California. Half of the day I was among the orange blossoms and the rest of the time in the snow on the mountains, just an hour's or two drive away. The Rose Parade in Pasadena was very lovely.

"Sometimes I get quite homesick for dear old W. M. C. I am not sure whether I will get east this summer, but I hope so. Here's good luck to the Alumni Association of W. M. C."

PRESS CONTRACTS WORK

A week ago today, G. A. Huse, manager of the College Press, received work for the shop amounting to 275,000 impressions. A total of 20 separate jobs make up this large amount of work.

Three of the jobs amounting to 50,000 were contracted from the same business firm from which the Press secured work before.

Mr. and Mrs. J. Edward Pennington entertained the Misses Lenora, Verna, Mary and Frances Slate at supper last Sabbath.

ANNUAL TESTS GIVEN SCIENCE STUDENTS

(Continued from page 1)
found an anatomical diagram together with a discussion of the same. The students studied this for ten minutes. On the reverse of the sheet were two passages to study. This took 15 minutes. When 25 minutes were over, the sheet was taken away, the regular test paper was given them and an hour was allowed to finish the test.

A warning was given 15 minutes before this hour was up.

Soon a voice said, "The time is up; lift pen or pencil at once." The students took a deep breath and all was over.

The result of the test will be sent to the medical college which the student desires to enter.

ANNUAL STAFF ELECTED

(Continued from page 1)
ager, Fred Swartz; circulation manager, James French.

It was thought best by several Association members not to publish the Book of Golden Memories this year, due to the financial depression, but the Association voted in favor of an annual. It was left for the staff's decision in regard to the contents of the book.

Vacated worship seats in South Hall have been filled by new faces since the beginning of this semester. Miss De-Ette Alderman comes to W. M. C. from her home in Belleville, Mich., where she graduated from public high school in June, 1928. She is taking normal work under the direction of Mrs. W. E. Howell. Miss Fern Murrel, who is now pursuing a music course, comes from Southern Junior College.

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GLEE CLUB SCHEDULED TO SING AT BALTIMORE

March 7 will be a full day away from home for the men of the Glee Club, according to plans laid last week. Russell James, president of the organization, Prof. C. E. Weniger, business manager and William Guthrie, assistant business manager, went to Baltimore Tuesday, Feb. 10, and arranged a program to be given in that city.

The business officials of the club discussed plans with Elder A. J. Clark, pastor of the First Church of Seventh-day Adventists, and Theodore G. Weis, principal of the Edgecombe Junior Academy, and decided on a program schedule for both morning and evening.

To Aid in School Debt

In the morning, the club will sing at the opening of the regular Sabbath service at the First Church. They will leave immediately for the Clifton Park Church and sing at the close of the service there. In the evening, the College men will give a program at the Edgecombe Junior Academy.

The program at the Junior Academy will be a partial benefit program for relief of the debt on the school. Tickets for the event will be sold by the pupils of the academy under the direction of the instructors.

This will be the first appearance of the Glee Club outside of the immediate vicinity of Washington this year. Other plans for the spring activities of the club have not been revealed.

PROHIBITION IS DISCUSSED BY NATIONAL HEAD

(Continued from page 1)

At the close of her lecture, Dr. B. G. Wilkinson moved that a rising vote be taken of the student body in favor of President Hoover's position on the Wickersham Committee report and that the results be transmitted to him. Every student stood.

In a brief interview after her lecture, a Sligonian correspondent asked Mrs. Boole what response she generally gets from colleges. In reply she said, "I get a fairly good response. Of course, there is a little wet element in most colleges, but I get hearty support from Christian institutions."

Claude Conard, associate treasurer of the General Conference, is visiting the schools of the denomination in Canada on a Board of Regents tour.

The College Press is now busily engaged turning out 60,000 Washington Sanitarium Health Exponents. The Exponent is an eight-page paper, printed on enamel-finished paper and issued quarterly. It is distributed by the Sanitarium among prominent and interested persons in this part of the United States.

Miss Leone Dufty and Miss Juanita Howell are getting up early every morning to squeeze oranges at the Sanitarium from six to seven.

Miss Myrtle Bain has taken the place of Miss Pauline Pyle as dormitory nurse.

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OTHER THINGS

Carl Jones was elected president of the Cosmic Ray Club for the second semester of the year, at a special meeting of the club held last Friday noon.

The other officers elected are Raymond Montgomery, vice-president; Louise Beaty, secretary; Dell Haughey, treasurer; Prof. C. L. Woods, faculty adviser.

It is the determination of the new officers to make the Cosmic Ray Club an organization where the talent of young W. M. C. scientists may be tested and improved.

At the regular meeting of the Medical Seminar Friday night in the North Hall worship room, a nominating committee, consisting of Alfred Sand, Louis Mosher and Anetta Truman was appointed to bring in names of candidates for the ensuing term of office.

Benefit Program

The Sligo church Dorcas Society is to present a benefit program in the Sanitarium gymnasium Feb. 21, to raise funds for local missionary work. The nature of the entertainment will be varied, featuring Mrs. H. Morse as the reader for the evening and Miss F. Carlson as the marimba soloist. There will be several educational and scenic motion pictures. Admission is 25 cents.

Miss Beverly-June Pruette and Miss Maybelle Vandermark entertained Prof. and Mrs. Cecil Woods, Prof. and Mrs. C. E. Weniger and Mr. and Mrs. Dwight Magill in the Halcyon kitchenette last Saturday night.

Miss Claire Richards from Washington, D. C., was the guest of her cousin, Miss Gladys Andress, last week-end.

Miss Margaret Thomas returned to the College last Sabbath to visit her former classmates and friends.

Elder M. E. Kern, associate secretary of the General Conference, recently returned from Nashville, Tenn., where plans for the 1931 Harvest Ingathering paper were completed.

CORRECTION

The class in Physical Health Education, which meets twice a week in the Sanitarium gymnasium, is under the supervision of Mrs. Verna-Schuster-Metcalf rather than the head of the College Health Bureau, Miss Florence Oliver.

GIRLS LEAD BOYS WITH SUPERIOR GRADES

(Continued from page 1)

obtained grades of no lower rating than B. Of these, 25 were academic students, led by Walcutt Gibson with a straight list of five A's, closely followed by John Herlinger and Bertha Elliott.

Of the 44 college students having no lower grade than B, 22 were taking full college work, while the remaining 22 were carrying from eight to fifteen hours of study.

Harold Snide and Josephine Davies captured highest honors in the College, with a straight row of five A's apiece while carrying full College work. John Osborn, Marion Booth, Lucerne Collins, Julia Amorosi, Claire Christman, Jean Crager, Alma Edwards, Mildred McClary, Olsen Wheeler, Gertrude Williams, Naomi Van Horn, Lawrence Gibson, Edward Bond, Mrs. Ladelle Phillips, Mrs. Dwight Magill, Carl Guenther, Dell Haughey and Horton McLennan received grades of only A and B among those taking a full course, while Irene Armitage and Richard Minesinger received a straight group of six B's apiece. A grade of incomplete in some subjects kept several high ranking students from the above list, one young lady having a row of seven A's with another possible A obscured by the incomplete.

Girls Lead Boys

It is interesting to note that the girls led the boys in the number receiving high grades. Of the 44 collegiate honor students, 27 were girls and only 17 were young men. In the academic group the masculine pride was not so heavily stepped on, 12 of the 25 academics scoring grades of A or B, being boys. More power to the young men—the ladies do not need it!

A party in honor of Miss Marion Booth's birthday was given in the dormitory Feb. 14.

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R. AND H. CIRCULATION MANAGER MAKES TOUR

L. W. Graham, circulation manager of the Review and Herald, has returned from a trip to the West Pennsylvania and Ohio colporteur institutes.

He states that interest is running high and that the colporteurs are setting higher goals for 1931 than they had for the past year.

Mr. Graham in his report to the employees in the chapel of the Review and Herald, declared that now is the time to spread the Advent message to people, because of the prevailing conditions throughout the earth. People realize that something is about to break upon the world, so hearts are prepared for the message which the colporteurs bring.

The girls' dormitory has as its guest Mrs. Frank Levine, who is staying here until her daughter, Miss Beatrice Levine, is able to leave the Sanitarium, where she is convalescing from a thyroidectomy.

The Misses Verna, Frances, Lenora and Mary Slate and Helena Kirkland were entertained recently at the home of Miss Claire Christman in Reading, Pa.

SHOUPS CELEBRATE SILVER ANNIVERSARY

A silver anniversary is a thrill that comes once in a lifetime to some people. Elder and Mrs. H. L. Shoup enjoyed that thrill last Sabbath—St. Valentine's day.

Four children, Eunice, June, Max, and Mrs. Erwin L. Clark, eager to make some quiet little celebration for the greatest parents in the world, politely but firmly forbade the newly-weds of a quarter of a century to enter the kitchen Saturday evening. All the young hands were hustling shortly after the Sabbath preparing the banquet.

Surprise Party Given

Mrs. C. F. Ulrich, wife of one of Elder and Mrs. Shoup's former classmates, the late Elder C. F. Ulrich, and her daughter, Mildred, were present to enjoy the heart-shaped sandwiches, "pink punch," Valentine special ice cream and the anniversary cake.

In the center of the cake were two red hearts joined by an arrow, one dated 1906; the other, 1931. Above were the initials H. L. S., and below were M. E. J., with 25 candles studying the whole.

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