

## Home Economics Experiment Proves Success

### MEN'S GLEE CLUB TO GIVE SACRED PROGRAM

—W—  
ASSISTED BY CELLIST

—W—  
Proceeds of Evening Will Be  
Used to Defray Expenses

—W—  
The Men's Glee Club of Washington Missionary College will present a concert of sacred music in Columbia Hall chapel at Washington Missionary College, Saturday, Feb. 28, at 8 p. m.

The program will consist of negro spirituals, which will be sung a cappella, songs of well-known composers and hymns everyone knows.

The program is being forwarded by the Glee Club in an effort to revive interest in the hearts of the public and to dispel the idea, in many people's minds, that an all sacred program is dull, lifeless and boring.

The Glee Club, under the directorship of Prof. Victor Johnson, has presented one program at the College, previous to this one. The proceeds of the program will be used to defray expenses of the organization and to help finance the tour of several eastern states, which will be conducted in the spring.

The personnel of the club is: Russell James, president; Prof. C. E. Weniger, business manager; William Guthrie, assistant business manager; Herman Paul, secretary-treasurer; Max Shoup and Horace Shaw, stage managers; Prof. H. A. Miller, Clifford Tempest, John Minesinger, Dell Haughey, Herbert McClure, Robert Daniels, Carl Laubach, Charles Warnell, Edward Barnes, Edward Mooy, Russell Quackenbush, Howard Jacobs, Millard Bradley, Horton McLennan, Marion Bourdeau, Carl Guenther, Jay Clymer and Lester Davis.

### NEW STEP LADDER IS INDUSTRIAL PROGRAM

—W—  
Negotiations are under way for the manufacture of a new step ladder as part of the industrial program of the College.

After a trip to New York, Profs. R. L. Walin and John Sampson report there is a large market for a new type ladder-stool, which, as planned, will be made at the College Mill.

The new ladder-stool is from three to four feet high and has disappearing, folding steps.

From New York, Profs. Walin and Sampson went to South Lancaster, where they visited Atlantic Union College. While there Mr. Sampson gave the woodworking department heads several ideas on how to make a carpenter shop successful.

### FACULTY RECEPTION IS LAUDED BY STUDENTS

—W—  
Over 300 Attend First Social  
Event of Such Nature

—W—  
Over 300 students and faculty members gathered in Central Hall Saturday evening, Feb. 21, at the first faculty reception of its kind ever given in Washington Missionary College. The students were entertained by songs, readings and speeches given by various faculty members.

"A man would have to be two-faced like Jacob, if he faced all this audience at the same time," said President H. H. Hamilton in his opening remarks, as he looked at the student body gathered at either end of the dining hall.

After the President and the reception committee had greeted the students as they entered the door, the program was opened by a violin solo by Prof. Victor Johnson. As the program was held on the evening before George Washington's birthday, Miss Rozetta Thurston gave a group of patriotic readings. Prof. C. L. Woods sang a solo, followed by a short intermission.

### BANKING ASSOCIATION BEGINS NEW POLICIES

—W—  
The Citizens Bank of Takoma Park, situated at Carroll and Laurel avenues, has recently been reorganized. L. S. Cannon is the president, and L. V. Lampson, vice-president. Among the new directors are J. C. Shull, of the Washington Sanitarium, H. H. Votaw and S. E. McNeill, of the General Conference and E. L. Richmond, of the Review and Herald. A. L. Votaw is the new cashier.

This bank is owned and controlled by the citizens of Takoma Park and is endeavoring to accommodate the residents of this area.

In order that the public may be better served, the Citizens' Bank has

### E. M. C. PRESIDENT SPEAKS IN CHAPEL

—W—  
Prof. Lynn H. Wood, president of Emmanuel Missionary College, Berrien Springs, Mich., visited the College over the week-end. He spoke Friday evening in Columbia Hall, contrasting the leprosy of Naaman to the sins of mankind today.

Prof. Wood stated that leprosy is contagious, starts in a small spot and benumbs the body. Without the help of God there is no cure for the individual. He stated that the same Source must be resorted to for sin, as its characteristics are the same.

### SUNDAY BARBER-BILL RATIFIED BY SENATE

—W—  
DEBATE GOES TO HOUSE

—W—  
Opening Wedge Makes Way  
for Other Sunday Legislation

—W—  
The Sunday Barber Shop Closing Bill has passed five of the six steps necessary before it goes to President Hoover for his signature. The bill, which was introduced by Senator Copeland of New York, has been passed by the Senate and was reported from the House District Committee to the floor of the House last week. It is expected to pass the House in the near future.

The bill prohibits all barbers in the District of Columbia from doing any hair-cutting, shampooing or other tonsorial work on Sunday under penalty of a fine or imprisonment. It has gone farther than any other proposed Sunday Law for the District of Columbia, which hitherto has been without any Sunday regulations.

#### Adventists Opposed

The chief proponents of this bill are members of the District Barbers' Union who desire to close their shops on Sunday but claim they are prevented from doing so by a few shops which would not close and would therefore take away their trade. Opponents of the proposed measure are Washington

### PREPARATIONS ARE MADE FOR NARCOTIC WEEK

—W—  
Preparations are under way for the observance of the fifth annual Narcotic Education Week, February 21-28, in which the press, the radio, religious, educational and civic bodies are being asked to cooperate in a nation-wide effort to expose the menace of unlimited drug manufacture and the need of uniform state laws regulating the traffic. Preceding this week, there was a two-day conference of committees of the World Conference on Narcotic Education at the Hotel McAlpin, New York, Feb. 19 and 20. Captain Richmond Pearson Hobson, Secretary General of the World Conference on Narcotic Education, presided at the first meeting.

### The Spectator By S. M.

Stray papers sometimes disclose odd bits of interest. Here's one I found Monday, unsigned, written in a penciled scrawl on a sheet of loose-leaf note paper:

No man can depend on his neighbor to furnish motivation for his own success. For every hand that helps, there are hundreds that will hinder. Man was created a single unit of being, a oneness of matter. That single piece of flesh and blood must work out its own salvation. The army doesn't win the battle. Every victory that has ever been won was won by an individual! That individual may have had the help of associates, servants, acquaintances, friends, but the struggle had to be won in his own soul. . . .

### AVERAGE COST OF DAILY MENU THROUGHOUT EXPERIMENT ONLY 28 CENTS PER PERSON

—W—  
Miss Veda Marsh Tests Low Cost Diet Under Auspices of  
President Hoover's Emergency Committee for Unemployed

—W—  
By Howard Johnson

Is it possible to live both cheaply and healthfully? "It is," answers Miss Anna Roedel, director of W. M. C.'s Department of Home Economics, who with the seven members of the Foods II class and Miss Veda Marsh, College nurse, has been testing a new low cost diet under the auspices of President Hoover's Emergency Committee for the Unemployed and the Federal Bureau of Home Economics.

"Our average cost for the whole month during which we conducted our experiment was only 28 cents a day per person, and the physical examinations which have just been concluded show that every one of us has improved in health," states Miss Roedel.



MISS ANNA ROEDEL

Physicians at the Washington Sanitarium and Hospital where the young women were examined at the beginning and close of the project expressed astonishment at the unusual results shown by the examinations. The hemoglobin of all increased, for some cases as much as 10 to 14 percent. This, it was pointed out, is exceptional, as an increase of a few percent in a year is considered good for an anemic patient on a special diet. So incredulous did this report seem to Sanitarium officials that a re-check was ordered made, and this was found to vindicate the first count.

#### Blood Pressure is Low

The blood pressure which in all but three cases was extremely low, came up six to sixteen points, and in seven cases the color index of the blood increased five to nineteen percent. The red blood cells of each student showed an increase of from 10,000 to 680,000.

Besides the improvement in hemoglobin and blood pressure, three of the students who were overweight reduced three to eight pounds and five who were underweight gained two to four pounds.

The experiment has attracted na-

### ELDER FROM DEPICTS CHRISTIAN EDUCATION

—W—  
"Recreation of the Christian," was the subject discussed by Elder L. E. Froom, secretary of the Ministerial Association of the General Conference, at the chapel service, Feb. 20.

Elder Froom distinguished between recreation and amusement by stating that recreation is the purposeful refreshing of mind and body while amusement is the idle wastage of empty hours. With this conclusion that recreation is an aid to mental, physical and spiritual development.

In conclusion he stressed that, "the Christian should have Christ's smile of approval on each thing that he does, as acceptance of truth automatically brings higher standards and loftier tests."

### BAND GIVES CONCERT TO LARGE AUDIENCE

—W—  
Five hundred heard the Review and Herald Concert Band in Columbia Hall render the fifth number of the College Lecture-Concert course, Monday evening, Feb. 23. The band, under the direction of Prof. Victor Johnson, was assisted by the Mellotone Male Quartette, Cyril Watson, marimbist, and Sterrie Wellman, xylophonist.

The Mellotone Male Quartette, which consists of Robert and Charles Eldridge, Dr. H. A. Mikkelsen and Dale Hamilton, proved the added attraction of the concert. With several comical sketches, the Quartette created considerable enthusiasm.

### F. D. NICHOL IS HOST TO COLLEGE FRIENDS

—W—  
On Tuesday evening, Feb. 24, Elder F. D. Nichol, associate editor of the Review and Herald, was host to a group of former schoolmates and friends at an informal reception at his home at 110 Westmoreland avenue, Takoma Park.

The guests were Mr. and Mrs. C. W. Irwin, Mr. Alonzo L. Baker and Prof. and Mrs. Charles E. Weniger. The men were associated together during the period of 1912 to 1920 at Pacific

### President Hoover Signs Bill Then Sends Pen as Recognition to Dr. B. G. Wilkinson

—W—  
Last fall a bill was introduced in Congress to widen Piney Branch Road, Takoma Park, to a width of 90 feet by condemning 57 feet of ground along the west side of the road. This was protested by those living on that side of the road who found a ready champion in their neighbor, Dr. B. G. Wilkinson.

After a strenuous battle during which Dr. Wilkinson spoke in the Sen-

ate District Committee, the bill was finally changed to provide that 27½ feet be taken from each side of the road. It was then passed by Congress and sent to President Hoover.

Now Dr. Wilkinson is the proud recipient of the pen with which President Hoover signed the bill. He received it last week from the President in recognition of his leadership.

### After 15 Years of Varied Style Sligonian At Last Represents Ambitions of Founders

—W—  
The first issue of The Sligonian ever published was in April, 1916, being written in magazine style. For 15 years W. M. C.'s publication has been interpreting school life, expressing student views and representing denominational standards. In its present form it represents the ambitions of its founders who could not fulfill their wishes due to the smaller college and limited funds.

It was a 28-page monthly magazine when C. Harold Lewis, son of C. C. Lewis, for many years principal of the Fireside Correspondence School, first began editing it. Missions, literary, news and editorial sections were the only departments represented, although poems and special articles were submitted by both students and teachers.

(Continued on page 3, column 4)



The Sligonian

Published every Thursday, 12 noon, of the school year by THE STUDENTS' ASSOCIATION of Washington Missionary College, Takoma Park, Washington, D. C. Entered as second class matter Dec. 20, 1915, Washington, D. C., under the act of March 3, 1879. Acceptance for mailing at special rate of postage provided for in Section 1103, Act of Congress of Oct. 3, 1917, authorized on July 1, 1918. TERMS: 50 the copy ..... \$1.00 per year

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

BOOST THE ANNUAL

In the open-minded consideration of the College annual it is necessary to consider not only what it has been but also what it can be. It will be well, however, first to take a brief look into the history of the situation to see the real significance of a year book.

Only Objection Is Cost

Since the most frequent objection to the annual is its cost, it will startle many to hear that the original reason for its existence was to save money. The engraving, making possible the reproduction of photographs, did not come into use until about 35 years ago. Because college days are and always will be among the happiest and most memorable epochs of a normal life, students have always made more or less elaborate collections of photographs, programs and other mementoes. So some enterprising person saw that with these engravings it would be cheaper to make a book than to collect a large and representative group of photographs.

As this idea spread and took form, it was also observed that the year book was more complete, better organized, convenient and more permanent than the awkward or bulky memory books of the previous loose individual collections.

Costs Less to Produce

Except in very small Colleges, the annual still costs less to produce than the individual memory books.

The annuals of the past have had plenty of faults, but they were not and are not inherent faults any more than automobile accidents prove that automobiles should be prohibited. The fault is not with the car, but with the way it was operated. The same is true about college annuals.

Only in the annual teeming with interest can the myriad phases of the college's work and life and service go by in one mighty parade.

But the annual does not compete with other activities. It promotes them all and it extends their benefits by recalling them to memory over and over when they would otherwise be forgotten.

A good school deserves a good, yearly permanent record. How else?—save by the annual.

As Henry Longfellow Sees Nation's Fate

Sail on, O Union, strong and great!  
Humanity, with all its fears,  
With all the hopes of future years,  
Is hanging breathless on thy fate.

SIGNS OF THE TIMES

An attempted assassination of King Zog of Albania ends with the death of an aide, the serious wounding of a chamberlain and the narrow escape of the monarch. The securing of a new premier at the last minute in Spain just averts a revolution on the one hand and a dictatorship on the other. An attempted revolution in Argentina is nipped just in the nick of time and two other revolts break out in South America—all this in one week.

Truly the prophet said, "In the last days perilous times shall come." The voice of nature and the deeds of men, daily give their forceful testimony on the approach to the end of all things. On every hand is heard the threnody of the world. Who is so blind as he who having eyes will not see, or who having ears will not hear?

MUSIC APPRECIATION

To really appreciate music, a person must have an intelligent understanding of the theoretical as well as the practical side of the art.

To enjoy music, neither is necessary. Many people know nothing about music, yet they are musical. There is a love for music in their soul which is touched by the lovely sounds they hear. A famous violinist, at the end of one of his concerts, congratulated a rather plain-looking little woman on her being a great artist. She declared she knew nothing about music, although she dearly loved it. The master violinist answered, "It is to one with the heart to listen that we masters play."

Remember, we are not musicians that play. True music and the enjoyment of it must come from the heart.

TOLERANCE—IS IT NECESSARY?

From earliest times there have always been those striving for tolerance. Yet when they gain that desired possession, are they tolerant? History shows they seldom are. The Pilgrim Fathers left England for the New World so that they might have freedom to worship God as they pleased. But they, in turn, became more ruthless in their persecution.

Tolerance is needed in everyday life as much as in religious matters. How easy it is to be hard and unreasonable in daily experience. In this land of freedom, everyone, no matter who he is, has a right to his own ideas and opinions. So today, more than ever before, strive for tolerance.

THE SUPREME TEST

Responsibility, the quality of being answerable for a trust, is the supreme test of a man.

If he is not responsible, he can be little else. But when he is responsible, there can be no limit placed to his success.

When you give your word even in the smallest matter, do you go through fire and water to avoid breaking it? When you promise to do a thing, no matter how little, do you let nothing short of incapacity or health keep you from it? If so, you are responsible; you can be trusted; you can be depended on; you will be called on.

But if you fail—even if only a small percentage of the time—your responsibility as reputation takes a fatal drop. *You are judged by what you miss, not by what you get.* Responsibility means responsibility in everything at every time. Anything short is failure.



WASHINGTON MISSIONARY COLLEGE LAUNDRY

Laundry Crew Washes, Irons and Checks Enough Shirts to Clothe 6000-Man Army

Believe it or not! Over 9,000 dish towels have gone through the washer, extractor, and dryer in the College laundry since last September. Every week 63 tablecloths are laundered for the dining-room, an aggregate of 1,518 since school began. With all this business from the culinary department, not to mention servers' aprons, chefs' caps and other items too numerous to repeat, just what would the aforementioned department do without the good old laundry?

About 172 persons send dirty clothes every week, fully expecting them to be returned white and clean. Their hopes and expectations are seldom disillusioned.

Every month more than 1000 shirts are laundered for the men of North and Central Halls. Mrs. Iva Barnes is the star shirt ironer. She irons shirts at the rate of 12 per hour. Enough shirts have been ironed since last September to clothe an army of 6,000 men.

If all the sheets laundered were placed end to end, they would stretch from the College to 12th and F streets

and back to Central Hall again, a distance of 15 miles.

The pillow slips, handkerchiefs, middies and uniforms, towels, wash cloths, pajamas, curtains and dresses are also carefully cleaned.

Here are just a few suggestions from the laundry forces:

It would be appreciated if No. 13 would please unbutton his shirts and do his gymnastics in some other way.

If No. 126 would fill out the laundry slip on Saturday nights and not merely sign his name.

If the boys in North Hall would learn how to count.

If the girls would get their laundry out on the porch a little earlier.

Seven young people find employment in the laundry under the supervision of the manager, Miss Pauline Pyle. They are Mrs. Mildred Griffin, Mrs. Iva Barnes, Misses Edna Royer, Jane Russell, Gladys Andress, Louise Archibald, Lorne Jones and Francis Gomez.

"Cleanliness next to godliness," is the motto used by the laundry crew, while their aim is to please.

AN INTERVIEWED TEACHER

Fifteen artists-in-the-making constitute Miss Etta Spicer's classes in the Art Department. Nine of these are taking College Art, while the remaining six are Normal students learning to teach the simple kinds of art to beginners.

Miss Spicer says, "The thing learned by the students which is of the greatest help to them is observation. To be able to draw or paint well, a student must be continually sizing up nature and all that with which he comes in contact. By 'sizing up' I mean, he must write a mental picture of everything he sees. When a student begins to study art, he naturally becomes more interested in the trees and other things in nature, which he has probably seen many times before, but of which he was entirely unconscious as to the shape, size and color. Now he sees these things in a different light, for he knows that the nearer his picture resembles nature's own work of art, the more realistic it will be."

Miss Spicer herself has three large rooms literally full of sketches, drawings and paintings of all types which she calls her "Art Gallery." The gallery contains pictures which she made when only a child, and four major pictures of the Sligo Creek and its surroundings.

Coming Events of Campus and City

Friday, Feb. 27  
Elder F. H. Robbins—Chapel, 9:15 a. m., "The Columbia Union and Field Openings for the Ministers."  
Sunset—5:49 p. m.  
Devotional—8:00 p. m., Elder W. P. Elliott, "Our Field's Interest in Youth Preparing for the Ministry."  
Prof. W. R. French, "Cultivating the Spirit for Ministerial Training in the College."  
Sabbath, Feb. 28  
Elder C. H. Watson—Sligo Church, 11 a. m., "The Call of the Hour for More Ministers and Bible Workers."  
Glee Club Concert, 8:00 p. m.  
Monday, March 2  
Dr. B. G. Wilkinson—Chapel, 9:15 a. m., "Recruiting for Ministers and Bible Workers."  
Wednesday, March 4  
Students' Association—Chapel, 9:15

PANTHER AND FRIEND SAVE "BOLIO'S" LIFE

Bolio was a bound. He was the constant companion and faithful friend of a mountaineer. One stormy night he almost met his death in an encounter with a mountain lion. He fell over a precipice, held in the grasp of the panther, but just escaped his doom when the wild beast landed under him. Bolio was carried down stream by the current, his only suffering caused by a broken leg. He struggled for weeks trying to cover the distance which lay between him and home and was finally rescued by the mountaineer—just by the hundredth chance.

The stories of other dogs are varied, including anything from a dog philosopher, near-tragedies and dog heroes, to the comical mongrel Boll-weevil, who went after quail and caught a buzzard.

By Archibald Hamilton Rultedge, Stokes, \$2.00.

Inquiring Reporter

How do you like The Sligonian? What changes would you like to see made?

I would like to see more about the general run of students published in The Sligonian instead of items just about a certain few.—Stella Simpson.

I believe there is not much room for improvement in our Sligonian. I consider that it stands at the peak of Seventh-day Adventist school papers.—Horace Shaw.

I believe The Sligonian is an excellent paper. It has a very positive and optimistic ring to it.—Hope Muchler.

I like the weekly calendar of events published in our school paper, but at times it seems somewhat incomplete.—Mae Reichard.

I believe that the last issue of The Sligonian was the finest number of our paper I have ever read.—Mrs. James Stanley.

I would like to see the names of the writer published with each main article in The Sligonian. The Sligonian news items are written interestingly and well.—Anetta Truman.

I prefer the column formerly known as The Scribbler to the new column, The Spectator, in our Sligonian.—Beverly-June Pruette.

I am acquainted with a person who has been helped in a spiritual way through reading The Sligonian.—Alfred Sand.

Little inaccuracies should be avoided in our school paper.—Florence Oliver.

I would like to see more exchange notes, so that we can know what students in other colleges are doing.—Howard Jacobs.

I like "Other Things," "Do You Know" and the editorials. The Sligonian, to my mind, is a good, lively paper.—Pauline Pyle.

The fountain of the heart must be purified before the streams can become pure.—E.G.W.

Men estimate character by that which they themselves are capable of appreciating.—E.G.W.

Dining Room Holds Daily Charm for Many Halcyonites and Famous Fiftyites

What time is it when doors are opened and shut hurriedly, when girls take last looks in the mirror, when boys give their neckties a last twist, when everyone is rushing at break-neck speed? It means nothing else but that the second bell has rung and everyone is scurrying toward Central Hall.

But what attractions are to be found there that it becomes popular so suddenly three times a day? Probably the first thought is of food. Everyone is hungry either because he has worked or studied hard. Therefore

his appetite is aroused or squelched, as the case may be, at the sight of the prepared nutritives.

Topics of interest are brought up daily at the various tables. Thoughts and opinions are exchanged, and sometimes one learns things never dreamed of before. Many students just live for these chats and debates at the dining-room table.

At each end of the large room there are several canaries who sing their songs quite lustily. This never fails to appeal to the hearts of those who eat at the W. M. C. dining-room.





MEN'S GLEE CLUB OF WASHINGTON MISSIONARY COLLEGE

## Nearby Missionary Work Is Sponsored

By Merle Peden

Many often wish that they might have the privilege of going into some foreign country as a missionary. Did they ever stop to think what one soul can do for Christ at home if he will but try? There are mission fields all around them. Mrs. D. A. Ready, of Huntsville, Md., caught such a vision, and as a result many souls in her neighborhood have heard of Christ and His soon coming.

Mrs. Ready is the only Seventh-day Adventist in her locality, but she has not been afraid to tell her neighbors who she was and what she believes. Sabbath afternoons after returning from church, she visited surrounding farms with her automobile, gathering a number of children. They were then taken to her home to hear Bible stories. After a time the parents became interested because of the stories which the children carried home to them. Interest spread.

### Former Student Catches Spirit

Last summer Andrew Hanson visited the neighborhood and also caught the spirit of Mrs. Ready. As a result meetings were opened the following week. The first gathering was held in a small front room in the home of one of the families who had been eager for advanced study.

The following two weeks were fruitful ones. Mr. Hanson, realizing that the space was too small, endeavored to find larger quarters in which to meet.

### Schoolhouse Serves

A small schoolhouse on the hillside was offered him. The building was in need of repair, as all doors and windows were gone. With the help of neighbors and with small expense to himself, the building was soon repaired. One neighbor donated a stove, others brought chairs and still others brought oil lamps. A piano, which had been given to the children of the community by a theatre, was loaned to Mr. Hanson. During the fourth week, services were transferred to this new place of worship.

Interest has gradually grown and for some time the people have been coming out to Sabbath as well as Sunday and Wednesday night services. The meetings are being held independent of conference support, but their Sabbath offerings are turned in to one of the local churches.

Last week in the Sunday evening service there were ten new members who stood, expressing their determination to accept Christ as their Saviour. The average Sunday night attendance is about 40, with 29 of these regularly enrolled as Sabbath school members.

If one would travel up the long winding dirt road to this small wooden schoolhouse, surrounded by a woods and upon entering see the wood stove in the center of the room with five gas lanterns hanging from the ceiling, he would exclaim, "Yes, a typical mission center right here at home."

We should never give sanction to sin by our words or our deeds, our silence or our presence.—E.G.W.

## ECONOMICS EXPERIMENT PROVES SUCCESS

(Continued from page 1)

tion-wide interest and the details have been carried all over the United States by the leading press agencies. As a result Miss Roedel has been deluged with letters requesting copies of the menus she used. These are being prepared to send out to those inquiring for them. A Pathe news reel was also made of the class last Monday.

The diet was lacto-vegetarian, consisting of milk, eggs, fruit, grain and nuts. The food was prepared by the class members in the Home Economics Department kitchen. Breakfast included a cooked cereal, fresh fruit and milk. A representative menu for the noon meal included potatoes, a green leafy vegetable and another vegetable, a protein dish such as cottage cheese, nuts or legumes and dessert three times a week. A light supper such as fruit soup, toast, milk and rolls was served to enable the young women to study well during the evening.

### Vegetables Served Daily

A raw vegetable was served every day and milk twice a day, while oranges and tomatoes were furnished daily for their vitamins.

All those taking part in the experiment were required to take outdoor exercise daily and refrain from eating between meals. The food purchased on the retail market and for two weeks the cost averaged only 25 cents a day per person.

Those taking the tests were the Misses Dorothy Sampson, Edith Star, 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.

Sabbath, Feb. 28, the Ladies' Choral Club, directed by Mrs. Howard Metcalfe, will sing two selections during the church service.

Their first number will be, "I Come to Thee," and the second, "A Prayer."

The last selection is an original composition, composed by Prof. H. A. Miller. He wrote the selection especially for the Ladies' Choral Club.

### 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.

## WORLD KNOWN CRITIC ADMIRES DEAN'S BOOK

With his book, "Our Authorized Bible Vindicated," Dr. B. G. Wilkinson, dean of theology of W. M. C., again has gained recognition from Biblical circles. In the February issue of the Christian Faith and Life, this recent publication was criticized by Prof. Leander S. Keyser, critic for the magazine, as to its merits.

The critic says that the book is bound to create a stir, if not a sensation, in Biblical circles. It is a vigorous and scholarly defense of the Authorized Bible and the Received Texts from which it was translated. He stated the author cites many changes from the King James translation that seem to have been made in the interest of either liberalistic or Romanistic doctrines.

### Results Indicate Research

"The author's many references, footnotes and quotations indicate wide and careful research. We agree that this is a gripping book, written in a clear style that no one can mistake."

Prof. Keyser admires the numerous quotations, with the authors, titles of books or magazines and pages so scrupulously given.

### APPLIED ART CLASS BEGINS

Twenty young ladies taking Applied Art under the direction of Mrs. M. E. Olsen are learning the art of home beautification. The class meets every Sunday afternoon from 1:15 until 5:30. Not only is the course practical in home decorating, but it also encourages originality and novelty. Each girl is required to invent several designs for her own use in china painting or lamp-shade decorating.

Programs offered for the entertainment of the patients at the Sanitarium are always of a superior nature. This evening, guests will be favored with a program presented by the Mellotone Quartette comprising the Eldridge brothers, Robert and Charles, Dr. H. A. Mikkelsen and Dale Hamilton. The program will be varied, part of it consisting of sacred music and part secular.

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WRITE FOR SCHOOL CALENDAR

## SLIGONIAN TRADITION MARKS IMPROVEMENT

(Continued from page 1)

Prof. C. C. Lewis suggested the name, *The Sligonian*. After the first year the paper was printed in 32-page monthly magazine style, until December, 1925, when it was changed into a semimonthly newspaper of four pages.

The first streamer headlines appeared in the issue of Feb. 1, 1927, and in the May 15, 1927, paper, another column was added to the paper, increasing the number to five.

The College was growing! The students liked the newspaper and wanted more of it! So with the Feb. 28, 1929, issue *The Sligonian* became a weekly newspaper.

In the beginning and early history of *The Sligonian*, Miss Jessie Ruth Evans fostered it and advised its writers. Since then Prof. C. E. Weniger held the adviser position, until it was recently assumed by Walter Crandall.

Recently *The Sligonian* was selected for second-class honor rating by the National Scholastic Press Association.

The constant aim of *The Sligonian*, as stated in the first issue, has been "to bind the cords of fellowship about the teachers, the undergraduates and the alumni of our College; to give the news about everybody and everything pertaining to our Alma Mater; and to bring to the light of day the brightest and best literary efforts of aspiring young authors and journalists."

### SAN. PLEASES GUESTS

In order that guests of the Sanitarium may be as comfortable as possible, running water is being placed in twenty rooms in the Annex. The installation and also the completion of the iron roofing on the seven new rooms, is being done by Curtis Quackenbush, senior student of W. M. C.

## MRS. D. W. REAVIS DIES AT SANITARIUM

Mrs. D. W. Reavis, wife of the circulation manager of the Present Truth Department of the Review and Herald died at the Washington Sanitarium Feb. 17, following a brief illness.

Mrs. Reavis was an active worker during the 76 years of her membership with the Adventist church.

She was present at the General Conference session where Mrs. E. G. White gave the testimony, found in Volume I of the "Testimonies," stating that some of those present would be food for worms, some subjects of the seven last plagues and others would live to see the Lord come. She hoped that she might belong to this latter group.

Mrs. Reavis was a descendant of Sir Roger Williams, founder of Rhode Island, on her father's side, and a relative of the royal family of Holland on her mother's side.

## TAKOMA PARK BANK CONDUCTS CHANGES

(Continued from page 1)

changed its banking hours. On week days it is open from 8 a. m. to 3 p. m. and from 5 to 6 p. m., on Saturdays from 8 a. m. to noon and from 6 to 9 p. m. In this way it is expected that residents who work in the city will avail themselves of the evening banking privileges.

The Sanitarium, together with the General Conference and the Review and Herald will do part of their business with this reorganized banking association.

The annual spring meeting of the Board of Trustees of W. M. C. will convene Monday evening, March 23. At this meeting plans will be discussed for the coming year.

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## STUDENTS ACCEPT CALL TO MISSION

Again the Foreign Mission Board of the General Conference has turned to W. M. C. for recruits. W. A. Wild, of Buenos Aires, South America, has been called to teach at the Colegio Adventista Latinos, school situated at San Jose, Costa Rica.

Before coming to W. M. C., Mr. Wild was connected with the River Platte Junior College, Puiggari, Argentine, South America.

Being a master of the Spanish, French, German, Dutch and English languages, Mr. Wild will assist the language department in the Costa Rica school.

Miss Crager Also Called

Miss Winifred E. Crager, daughter of Prof. and Mrs. C. P. Crager, educational secretary of the General Conference, has also received a call to work with the same school. Miss Crager spent 12 years with her parents in Argentina, while they were missionaries.

Mr. Wild and Miss Crager expect to sail the early part of next fall.

## COLLEGE BAKER TELLS REACTIONS OF TRADE

The average student thinks that a baker has an easy job—that he yields to no temptations as the result of such a pleasing environment. I find in my experience just the opposite, for if you want to exercise a little will power, just make a nice light hygienic cake with a rich butter icing, or a lemon meringue pie, and see how hard it is to keep from eating between meals.

It is essential for a baker to sample his production, or his patrons will suffer and complaints will be the result.

Difficult to Solve

The baker is well acquainted with the type of question, and many things enter into the solving of it.

Did you ever think of what is involved in the making of a loaf of bread? Just throwing a little flour, water and yeast together doesn't make it. Additional characteristic ingredients—room, oven and bread temperatures, proper constituency, molding and other details are considered.

All Parts Are Essential

A bakery might well be compared to an operating room. For it is very essential that every little detail be done at the right time in the correct way, or the result will be disastrous. Some ten ingredients make up a loaf of bread, or cake and no one realizes how necessary each ingredient is until he has turned out a large batch of bread and it fails to rise, due to the absence of yeast.

The baker uses such chemicals as ammonium carbonate, carbon dioxide and sodium carbonate in the making of his products, which undergo chemical changes before entering the body.

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## OTHER THINGS

Mrs. R. D. Heintz, one of the most famous pianists in Washington and a student of Edward MacDowell, spent a short time at the Sanitarium. Mrs. Heintz is the first pianist to play as a soloist with the U. S. Marine Band, the occasion being over station WMAL in a Columbia Coast-to-Coast broadcast.

Paul R. de Costa, the well-known director of the Concert Orchestra at the Shoreham Hotel, is recuperating at the Sanitarium.

Trees Undergo Surgery

Now that the dead branches are removed and the trimming of the campus trees nearly completed, it has been found necessary to do some tree surgery. Harvey Rettberg is performing the work under the direction of Prof. C. E. Weniger, head of the grounds improvement committee.

Albert Shafer is the new instructor in the special Freshman English course, taking the place of Miss Ruth Harding, who left school. The remaining 20 members of the class are divided into three sections for intensive study.

R. & H. Holds Annual Meeting

The annual meeting of the Review and Herald Publishing Association was held in the Takoma Park church Tuesday and Wednesday evenings, beginning at 7 o'clock. The meeting consisted of reports for future work.

The Missionary Correspondence bands of the Takoma Park church are sending out more than 3,500 papers weekly. Their aim is to spread the truth to those who are in darkness. The bands meet every Wednesday evening.

Student Gives Bible Readings


Miss Ellen Wilson is giving Bible readings to two families every Sabbath at Gaithersburg, Md.

Mrs. J. D. Booth visited her daughter, Miss Marion Booth, last week-end.

Dr. W. A. Ruble, head of the New England Sanitarium, visited his daughter, Miss Martha Jane Ruble, last week when he attended the meeting of the Child Welfare Association in Washington.

Academics Make Interviews

The tenth grade is now doing a bit of interesting work. Each student is to interview a prominent person on the campus and write up a 500-word report on the personality of the person interviewed.



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## BARBER-BILL RATIFIED THROUGH U. S. SENATE

(Continued from page 1)

hotel managers who say the restriction would injure their business. Seventh-day Adventists who claim it is sectarian legislation and opposed to religious liberty, labor organizations and theaters.

Its opponents also claim that it is an opening wedge for further and more drastic Sunday legislation in the District of Columbia which would be used as a model for Blue Laws throughout the nation. The Sunday Law issue is being agitated in a number of states at this time and a national Sunday Law has been introduced in Congress.

Dr. B. G. Wilkinson, College dean of theology, Elder L. E. Froom, secretary of the Seventh-day Adventist Ministerial Association, and Elder C. S. Longacre, associate editor of Liberty, the Religious Liberty magazine, were among those who spoke in opposition to the bill at the hearing before the House Committee last Friday.

Spectators of W. M. C. at the hearing were Merl Peden, Carl Guenther, Olson and Owen Wheeler, Ronald Hannum, Walter Crandall, Leon Robbins, Paul Laurence, Arthur McCoy and Richard Minesinger.

W

## EDITORS HOLD REUNION

(Continued from page 1)

Union College at Angwin, Cal.

Professor Irwin was president of the College at that time and the Messrs. Nichol, Baker and Weniger were students under him. Elder Nichol and Mr. Baker also spent seven years together at the Pacific Press Publishing Association at Mountain View, Cal., where they became editors of the Signs of the Times. Prof. Weniger has since been head of the English Department of Pacific Union College and at the present time is the head of the English Department of W. M. C.

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## VARIED PROGRAM IS RECEPTION FEATURE

(Continued from page 1)

Mrs. G. E. Jones and Miss Florence Oliver sang a duet. Prof. E. C. Blue, who donned his laboratory apron and rubber gloves, gave a demonstration of chemical magic centering around common table salt. The demonstration was concluded by some imitative fireworks. Mrs. H. E. Metcalfe then gave a reading about the tragic death of a mosquito.

The strange part of the evening's entertainment was the fact that the faculty acted as waiters when light refreshments were served.

The remainder of the program consisted of an instrumental trio with Miss Ruth Lindup, cellist, Prof. Johnson, violinist and Mr. H. D. Clapp, clarinetist, with Mrs. Metcalfe at the piano. Miss Veda Marsh gave a reading. As a conclusion to the program, Prof. C. E. Weniger sang "A Perfect Day."

Miss Anetta Truman, president of The Students' Association, expressed to the faculty the appreciation of the students for the evening's entertainment.

## NEW STUDENT SPEAKS ABOUT SINGAPORE LIFE

Halcyonites were taken on a trip to Singapore by Miss Muriel Rosenberg during their regular evening worship, Feb. 17.

Miss Rosenberg appeared in the native costume of a Malayan woman while Mrs. Albert Shafer wore the native costume of a young Chinese girl.

Miss Rosenberg was born in Singapore and has spent most of her time there. Five years ago, she spent four years at Walla Walla College. Returning to Singapore, she taught school until last Christmas when she returned to the United States. At present she is taking work here at W. M. C.

Relates Characteristics

She told about the customs, types of people and dress in Singapore. Woven into her descriptions were fantastic but real experiences. An interesting part of her talk referred to her teaching experiences. She said that the Chinese were very intelligent and to prove this she read a composition of a small Chinese girl in the sixth grade, which proved of value.

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