

## VARSIETY WILL PLAY FINAL GAME SATURDAY

Clash with Old Rivals; Except game to Be One of the Hardest Tilts of Year

### SLIGHT CHANGE IN LINE-UP

Coach Ingalls' Red and Blue tossers will wind up their cage season by clashing with the Orange and Black forces of Millersville on the latter's floor at 2:30 o'clock tomorrow afternoon.

The game will in all probability be one of the most spirited tilts of the year since the teams are old rivals and both want to conquer. Millersville has a fast set of cagemen this season since they have three veterans on the squad and have met with few reverses this year. This fact gives them a confident spirit for tomorrow's game. Despite the fact that Millersville has three vets and few reserves, the Shippensburgians are confident of putting up a stiff battle and sending into the cage a smooth working five. Since Coach Ingalls has sent his men through a hard set of drills in passing, dribbling and shooting during the past week, the team is in the best of shape, for tomorrow's fray.

The line-up will be changed slightly, if at all, from the past. Captain Smith and Bob Line at forward, Mark at the pivot job and Chet Miller and Roy Funk at guards, will start the game. Other members who will compose the squad will be Eby, Gilbert and Shuler.

The team will leave Shippensburg on the 8:10 train tomorrow and arrive at Millersville about noon. It is expected that a number of rooters will accompany the squad. If weather conditions are favorable there will be quite an aggregation set out on foot with the hope of meeting kind hearted motorists on the journey who will give them a helping hand to Millersville. The slogan is "We're off to beat Millersville."

## DR. LEHMAN TELLS STUDENTS OF CHICAGO CONVENTION

Dr. Lehman, who has returned to the school after spending some time at the Chicago Educational Association, conducted the chapel exercises this week. On Tuesday he spoke to the students about the new aims and ambitions as set forth by the educators at the Chicago convention. He emphasized the necessity of demanding a high standard of character, a higher scholastic standing and more teaching ability on the part of the teachers of today.

The band, under Prof. Slyter's direction, presented a new type of music on Tuesday. After playing a march, they attempted for the first time, and overture entitled, "Ambition." Both numbers were well received.

On Tuesday Dr. Lehman announced that a gold medal will be presented to the student at C. V. S. N. S. who has done the most for the school as a whole. The selection will be made by the student body. The medal, which has been presented by an alumnus, will be awarded in June.

The Junior Chorus made its first formal appearance in chapel on Thursday, when they sang an unusual arrangement of Tennyson's "Crossing the Bar." Prof. Slyter lead the chorus.

## "BOSTON BLACKIE" SHOWN LAST SATURDAY EVENING

"Boston Blackie," "Andy Gump" and "Fighting Mad" were the photoplays shown in the Normal Chapel last Saturday Night.

## PRIZE ESSAY CONTEST WILL CLOSE APRIL FIRST

To Be Given by American Chemical Society

The American Chemical Society's Prize Essay Contest is a method used to impress high school students with the importance of chemistry in our national life. A poster has been placed in the school library for several days. The purpose of the poster has been to arouse the interest of the students of the High School Department and to interest them in entering the contest. The contestants need not necessarily be chemistry students as the contest is open to all. The American Chemical Society has distributed books containing much of the required material throughout the country. The school library has been fortunate in obtaining these books which will afford the students of the institution an opportunity to compete.

Prizes for the essays will be awarded to each state. A first prize of twenty dollars in gold will be given the writer of the best essay on each of the following topics: "The Relation of Chemistry to Health and Disease," "The Relation of Chemistry to Enrichment of Life," "The Relation of Chemistry to National Defense," "The Relation of Chemistry to the Home," and "The Relation of Chemistry to Development of Industries and Resources of Your State." A certificate of Honorable Mention will be awarded the second best essay in each subject. All essays will be due before April first, nineteen twenty-four. State prize winners will be entered in a National Competition for six scholarships to Yale University or Vassar College. Each scholarship carries five hundred dollars a year in cash and tuition fees for a four year course in chemistry or chemical engineering.

## "STUDENT FRIENDSHIP" IS DISCUSSED AT Y. MEETING

A very interesting service, led by William Hudson '25, was held Sunday evening. The topic for the evening was "Student Friendship."

Mr. Hudson began his discussion with a quotation from Cicero in which he showed how blank life is without friends. He then asked the question as to what is friendship? "Can friendship and acquaintances be distinguished? Shall we choose our friends or just accept any who wish to be our friends?" He also wished to know whether or not we treated our friends the way we should. "Were we trying to gain materially by having friends?" he asked.

He concluded his talk with a poem by Edgar Guest, "Making of a Friend." Mr. Mellott '21 in the open discussion emphasized the fact that real friendship is much deeper than just being a friend. It is love. Our friends are fewer than we sometimes think."

## REV. LOBB ADDRESSED PRAYER SERVICES

Rev. Lobb, pastor of the Church of God, Shippensburg, addressed the students Wednesday evening at the Prayer Services. The speaker used as his text "The Love of God Constrains Us," 2 Cor. 5: 14. Mr. Lobb said that the love of Christ is the only legitimate motive for entering the Christian life, that it is the inciting motive of a confession of Christ, and that it is this same love which is the impelled motive of a life of self-sacrifice and service.

Marian Emerick '25 sang "O Master, Let Me Walk with Thee" by Edward Marzo.

Prof. Pennington was in charge of the meeting.

## DR. LEHMAN ATTENDS CONVENTION AT CHICAGO

Convention Attended by Men and Women from Throughout the United States

### EDUCATIONAL PROBLEMS DISCUSSED

Dr. Lehman attended the annual Educational Convention held at Chicago the week of February 24.

The convention is attended by the men and women of America who are supervisors, superintendents, Heads of Teachers' Colleges, Normal Schools and directors of special subjects. There were about 11,000 in attendance.

The sessions were addressed by one hundred and fifty leading men and women of the educational world. The most outstanding people that talked to the vast assembly were Mayor Dancer of Chicago, Pres. Lewis of Washington University, Miss Olive Jones, President of the National Educational Association, Dr. Fank Groves, Commissioner of Education of New York City, Supt. Beulodge of Omaha, Nebraska.

Tuesday, Feb. 26, The Pennsylvania people had a banquet in the banquet room of the Auditorium Hotel, Chicago. Dr. Lehman presided and acted as toastmaster. The special guests were Dr. Becht, State Supt. of Penna., Miss Olive Jones, Pres. of N. E. A. and Dr. Graves and Dean W. P. Chambers of State College. Two hundred and twenty-five people attended.

At the convention which is held in a large city every year the most important educational problems are discussed.

On the return trip, Dr. Lehman stopped at Pittsburg where the Pittsburg Alumni Association held their banquet. "This meeting was one of the most enthusiastic that I have ever attended," was Dr. Lehman's opinion of the affair. Members from practically every class graduated from Shippensburg were represented. There was one member present at the banquet who was graduated from C. V. S. N. S. with the first class in 1874. Dr. Lehman greeted the Alumni in the name of the school and was very enthusiastically received.

## GIRLS' BASKET BALL TEAM FACES STORMY WEEK-END

Team Will Play Carlisle Friday and Millersville on Saturday

The Girls' varsity basketball team has a busy weekend before it for it is facing two of the hardest games of the season—Carlisle and Millersville. Friday evening after society, the girls will play the Carlisle High School team on the gym floor. On Saturday afternoon the Shippensburg sextette will go to Millersville where they will fight their second battle. Since both of the varsities will be visitors at Millersville over the weekend excitement over the outcome of the fray is running high.

Both Carlisle and Millersville have strong teams but the Red and Blue are going into the fight with high hopes of victory. The line-up is as follows:

Centers—Felton, Minehart.  
Forwards—Lehman, Smith.  
Guards—Morrow, Rhine, Heckman.

The Music Department of the Training School is working on a very beautiful cantata, entitled, "Dream of Fairyland," to be given in the Normal School Auditorium, Friday evening, March 21.

## GENERAL SURVEY OF THE LOCAL TRACK TEAM

All Prospects Point Toward Successful Season

The candidates for the newly-opened track team at C. V. S. N. S. have been having daily workouts on the indoor track in the gymnasium. A large number of men have responded to Coach Smith's call and have shown considerable advancement toward making a team which will be a credit to the school. From all indications the team should be one that will make in the first year of the sport, as there are several men on the squad who have had experience at other schools.

The practice in the gym have been limited to getting the men into good physical condition and preparing them for the running events. Several of the candidates have made good time around the track as Prof. Levi Gilbert, who kept time, has reported. Outdoor work will be started as soon as the weather permits the use of Eckels Field.

Word has been received from the Penn Relay Carnival Committee that Indiana State Normal and West Chester State Normal Schools have sent in entrance requirements and will be entered against the local Normal School.

Entries from several high schools, have been added to the list of those who will compete in the bi-County meet to be held on the local Normal Field May 10, under the auspices of the C. V. S. N. S. track team.

## JUNIOR LASSIES TIE WITH VARSIETY BASKETEERS

The Red and Blue varsity narrowly escaped defeat Wednesday evening at the hands of the Junior sextette. The score ended in a tie, 15-15.

The contest opened with a neat field goal scored by Minnick for the Junior lassies. Before the more seasoned team could score, the Purple and Gold tossers had tallied another basket. The Red and Blues then tallied a two pointer. The entire game was one of uncertainty as the two teams seemed well matched and fought hard. Up to the last few minutes the Junior cagers were ahead. A foul tallying one for Smith and a field goal for Lehman knotted the score. The last minute was uneventful. Because of prayer meeting the tie was not played off.

On Wednesday evening the varsity were victors over the Seniors by a score of 44-5.

The Gold and Brown lassies could do nothing against the fast varsity six. New plays and signals were tried and proven very successful. From the beginning the Seniors were completely bewildered; this was due perhaps to the fact that several changes have been recently made in the line-up.

The Junior seconds won their first game Tuesday afternoon from the Senior scrubs by a score of 8-7. The game was an exciting one. Because of the non appearance of one of the Seniors Miss Hefferman was forced to play. Moatz starred for the Juniors.

## JR. CLASS SENDS LETTER OF CONDOLENCE TO MISS GARBER

Ralph Swan, president of the Junior class, called a special class meeting Thursday noon to take action concerning the death of the father of Esther Garber, a member of the class. A motion was made and carried that the secretary write a note of sympathy to Miss Garber.

The president stressed the fact that all class dues should be paid as soon as possible.

## SCHOOL DIETICIAN OUTLINES PLANS FOR MEALS

Meals Served at Rate of 50 Cents per Day: All Left-overs Being Used

### GENERAL PLAN SATISFACTORY

Many people have wondered how Shippensburg Normal School can afford to serve meals to the students at \$3.50 a week, the amount of money allowed the school Dietician, Miss McWilliams.

Miss McWilliams has given a report on the various amounts of food needed to supply the students and also how she manages to serve excellent meals at this low rate. It takes 125 pounds of frankfurters, 175 pounds of beef, 65 chickens, 65 pies, 20 gallons of ice cream, 100 gallons of milk to satisfy the appetite of the students of the institution. In 1920, 25 gallons of milk was served to a student body almost as large as the present body, 1½ crates of eggs, 400 rolls for breakfast, 600 conamon rolls at lunch, from 2 to 3 bushels potatoes and 1 crate of celery. Each of these amounts are for one serving.

The meals which follow show how fifty cents a day can be made to suffice. It is necessary to utilize all possible left overs, to take advantage of any overstocked markets, and to buy wherever the lowest price is found to combine with good quality. This season apples were most abundant, a fine quality being purchased at seventy-five cents a bushel. Thus it happens that apple sauce was served for luncheon Friday and whole apples on Saturday. Apples largely composed the Sunday fruit salad. Whole apples again were served with Monday's lunch and apples were in the Brown Betty for Monday dinner, while apples were served for breakfast on Wednesday, and as apple sauce for lunch.

Milk is purchased for a very low price, which is higher, however than paid by the local creamery. The entire supply is purchased from one dairyman, making it easy to check up on the quality. It is served three times a day for it is Miss McWilliams' policy to limit the amount of meat served rather than the amount of milk.

Meats are served regularly but once a day, but meat flavors are used to make the lunches more palatable.

Chicken is a treat, being served but once in about two months. When it is served the rough pieces are used to flavor a stew. The meat and chicken stew when served on hot baking powder biscuits combine the leftovers of Friday and Sunday dinners. This served with a cream sauce and brown gravy left over from Sunday dinner made the breakfast on last Tuesday more appetizing.

One great source of satisfaction is in purchasing a large order of veal or chicken so that two meals may be made from one order. In this way each one gets a desirable piece of chicken, or of veal cutlet, at the first meal. In the second meal the leftovers from the first are combined with the rough pieces that are freshly cooked and made into a meat pie, or the stew described above.

In the same way the meat flavor was used in the turnip and potato stew served Wednesday. The brown stew served for Saturday dinner was beef cut from the fore quarter, browned in the steam kettle, then simmered for hours, and served in rich hot gravy. The bones from which this meat was trimmed were cooked and the stock flavored for lunch.

The meat cakes served for Tuesday  
(Continued on Page Four)



THE CAMPUS REFLECTOR

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FRIDAY, MARCH 7, 1924

SPORTSMANSHIP

There were two brands of sportsmanship on exhibition at the game with West Chester—one the kind that should be cultivated and the other the kind that is decidedly obnoxious. We are sorry to say that not only did the visiting team display both brands, but the hosts are flaunted the two species.

To be sure it was not so much in evidence on the part of the C. V. people as it was with the visiting people, but nevertheless there was a sufficient amount of poor sportsmanship shown on the part of the spectators to warrant considerable thought on their part. Not only does the cheering section deserve reprimandation, but even a member of the Red and Blue squad brings reproval upon his head. Surely the best rules of sportsmanship do not call for a "He won't make it anyhow," when his schoolmates are requested to stop cat-calling and hissing when the visiting team is trying for a foul shot.

School spirit is a quality that we have been trying to cultivate all year, but there is always a danger of carrying it beyond the realms of good sportsmanship. C. V. S. N. S., guard your past reputation as you would your dearest possession. Once it is gone, it is hard to retrieve.

We realize that it is hard to put the right foot forward when we are constantly being gounded by incidents peculiar to last Saturday's game, but, after all, they are merely opportunities to show the kind of stuff we are made of.

West Chester went into the game with an evident determination to engage the home team in a free for all fight before they left the floor. It is to the Shippensburg team's credit that they played as clean a game as they did under the adverse circumstances. The lack of self-control paraded by some of the members of the visiting squad is surely sufficient enough to bar the owners from the game permanently.

C. V. S. N. S., let's see some more of your clean school spirit, but be careful that it doesn't run away with you.

THE BAND

The student body surely appreciates the fact that the band, or at least a goodly portion of it, turned out for the basketball game last Saturday afternoon. They were a decided impetus to both the varsities. Their strains imbued the girls with a renewed determination to go into the fray and win, even though all the signs were against them. It helped them to bear the defeat (a noble one) with heads held high.

Its strains urged the boys to put forth the best that was in them when the score began to pile up against them. The band, in short, was a symbol of the kind of backing we like to see a school give its teams.

We hope that the athletic associations appreciate this, the second appearance of the band at a basketball game, enough to give them a standing invitation to play at the remaining varsity games of the season. If the girls want the kind of snap and vim with which the band enlivens a game, it is up to them to see that the band is in attendance.

Surely we cannot expect the band to offer their services. They are more than ready to play at the games and a mere invitation is all that is necessary to make them a permanent member of the rooting section.

We trust that the G. A. A. will heed this gentle hint. A courteous invitation is all that is necessary to add a considerable amount of spirit to the girls' games.

ORCHESTRA MAKES INITIAL APPEARANCE IN SUN. SCHOOL

Dr. Heiges led the chapel services in Sunday School.

He emphasized the fact that many of the girls instead of going to chapel after classes leave for their rooms.

The Sunday School Orchestra made its initial appearance.

It is expected that the Sunday School Chorus will also furnish music in the near future.

A great man's path is strewn with the things he has learned to do without.

CHEER LEADING COURSES ADOPTED BY COLLEGES

A course in yell leading has been added to the curriculum at Leland Stanford University. Physical education credits will be given to members of the class for which only Sophomores are eligible. The University of Pittsburgh also has such a course added to their curriculum but their only reward is recognition by the Athletic Association. Efficient cheer leading is a big asset to the athletic teams and toward the spirit of the student body.

Patience is bitter, but its fruit is sweet.

LOCAL LASSIES BOW TO HAGERSTOWN HIGH SCHOOL

Last Saturday afternoon the gym floor was the scene of a hotly contested and for a time a very close conflict between the girls' varsity and the Hagerstown High School.

Mabel Smith, star for the locals, opened the contest by neatly netting a two pointer on a sly pass from Lehman. Hagerstown failed to score on their three trials from the free throw line and when Shippensburg scored two more on a personal foul it looked as if it would be a Red and Blue victory.

Hagerstown, at this point showed strong defensive work and skill at evading the guarding of the home team. After tallying two more on a personal foul, the visitors rang up another two points by a crafty toss from the unguarded forward's free throw. Hagerstown scored steadily in spite of the hard fighting of the Red and Blue.

The quarter ended by Smith registering two more points. She displayed speed and expertness in dodging her guard.

The opponents of Shippensburg opened the second quarter with all the pep and energy of the first. They had exclusive control of the score board with a few interruptions when Smith scored on technical fouls and Peggy Lehman maneuvered a field goal through their abatis. A new defensive force on Shippensburg's part was introduced—Tiley for Heckman and Rhine for Morrow. They guarded well but the opposing forwards were speedy and accurate in aiming.

Hagerstown did all the scoring of the third quarter except for Peggy Lehman's two skillfully made field goals and one point made on a technical foul.

The final quarter was opened by Smith's scoring one and Lehman two. The opposing team now fought to the limit and scored twelve points. Peggy Lehman by artful management, did succeed however, in getting one field goal in spite of the heavy defenses of Hagerstown. The final score was 50-24 in favor of the visiting team. The line-up was as follows:

Shippensburg	Hagerstown
Felton	JC
Smith	Malatte
Lehman	F
Morrow	G
Heckman	G
	Fridinger

WEST CHESTER CAGERS DEFEAT SHIPPENSBURG FIVE

The West Chester State Normal School basket ball team again defeated the Shippensburg State Normal quintet Saturday afternoon in the gym by the score of 20 to 13.

The game was fast and hard fought throughout and much unnecessary roughness prevailed because of the many unfair tactics used by the West Chester men that escaped the referee's eyes. The Red and Blue cagers started off with a rush in the first half and maintained the heavy end of the score throughout the half. The visitors were unable to do any scoring either on field goals or fouls until the closing minutes of the half. Gilbert was removed from the fray after making a beautiful flying tackle at the expense of one of the West Chester forwards. He was replaced by Line who had been taken out a few minutes before. The score at the end of the first half was 11 to 7 in favor of the Red and Blue cagemen.

In the second period the Purple and Gold quintet began to run wild and the score was tied with each side having 12 points to their credit. At this point West Chester forged ahead and Shippensburg's hopes of winning were shattered when the score stood 17 to 13 with two minutes to play. Shippensburg did quite a bit of fouling in the closing minutes of the fray and this was the chief cause of their downfall.

If everything everybody wished would happen, what a mess there would be in the world!

REFLECTIONS

"Boots" Shuler '24

Reba Shue

New things come and old things go  
 And one's life is one great chance.  
 Things may stay in memory so  
 That we are reminded at a glance.

An odd thing happened and who can tell  
 What effect on the athletic world  
 We now may have the power to sell  
 Rub books with new rules unfurled.

The game advanced with excitement galore.  
 Both teams were fighting hard  
 When a new step was seen in this  
 game of gore.

In the form of a tackling guard.  
 I see it now in a picture true  
 On a spot of the old gym floor  
 Where color reigned, yes black and blue

Around those joints so sore.  
 And then some day when we're old  
 and gray  
 And the band plays "Indian Joe,"  
 Our uncovered heads we'll scratch  
 and say  
 The things we now say, you know.

So when at a game you hear a fall  
 While the boys are playing hard,  
 It is just a tackle that is all  
 Made by a tackling guard.

Some students are worrying about  
 the great amount of electricity that  
 the side-lights in the chapel are consuming.  
 Perhaps this sudden turn to economy  
 on the part of the students  
 will cause them to object to securing  
 an expensive orchestra for the next dance.

Some of the laborers employed at  
 our institution must be under the impression  
 that this is to be their last job.

The girls were summoned together  
 and the following announcement was read:  
 "Two young men are down stairs  
 who desire a date with every one  
 of you." A mad scramble, a rush  
 downstairs, and over a hundred girls  
 dashed into the parlor and beheld two  
 handsome men. Business looked interesting,  
 but when they spoke,  
 "Girls, would you be interested in  
 some new silk hosiery," the scramble  
 to get back upstairs was greater than  
 that to get down.

Heard in the boys' dorm—What position  
 do you play in baseball?  
 New Student—Well, I usually pitch,  
 but as a matter of fact I can play the  
 bases and the outfield just as well.  
 More than likely I'll catch for the  
 team this year so as to give the other  
 fellows a chance.

NEW POLICY OUTLINED BY YALE UNIVERSITY  
 The Yale Daily News, official publication  
 of Yale University, is taking a stand  
 for a dry Campus and has announced  
 its policy with the following platform:  
 1. The Eighteenth Amendment should  
 be strictly enforced throughout the  
 University.  
 2. Compulsory chapel should be retained.  
 3. There should be at least one and  
 preferably two new fraternities in the  
 college, and these should be given  
 every possible encouragement in their  
 beginnings.  
 4. The new fraternity buildings necessitated  
 by the University building plan should  
 be open houses.  
 5. There should be a course on the Bible  
 as literature, not treated theologically.  
 6. There should be a course in dramatic  
 art open to the University.  
 The great province of a university  
 such as Yale is to preserve the ingredients  
 of culture, learning and scholarship,  
 which are the rewards of a long life  
 devoted to these things.  
 8. The university should be kept from  
 growing larger in the undergraduate  
 department.

All actual heroes are essential men,  
 and all men possible heroes.

By force of necessity the straight and narrow path has suddenly become more popular on Sunday evenings than the broad way. It leadeth to an interview with the Student Council.

After Thursday's announcement of a high scholarship rating, notebooks from last semester will probably be in great demand.

Wanted:—A volunteer to regulate the chapel light switch on movie nights. The students could act accordingly.

Latest scientific test to determine amount of student's professional concern—ability to walk past the Victory Theater on the way to a lecture on Senior Night Out.

Virgil student passing room where the Junior music class was singing "I Had a Little Pony"—I didn't know you could get one for music.

Be consoled, Juniors. Think of the money you would have been obliged to spend for new hats, if in addition to your gym exhibit victories, your boys had won the Varsity-Junior game.

A large number of positions in higher accountancy are waiting to be filled at C. V. S. N. S. Salary, the eternal gratitude of the poor mortals who need somebody to work out a system of addition, subtraction, multiplication, and division as an aid in helping to remember all their various numbers—Sunday School, Society, I. Q., Teachers' Club, laundry, etc.

The band celebrated Prof. Slyter's "Ambition" for obtaining new books last Thursday.

If this week is an indication, we fear it will soon be necessary to eliminate classes in order to have time for all the important meetings at which a full attendance is always desired.

This is the week the students keep their rooms in perfect condition and their minds in a constant state of resignation to their fate. Deficiency cards produce both effects.

"In order to insure more concentrated efforts in the other academic subjects, the Student Council has decided to eliminate Libraryology gradually. Watch the umpire. Three strikes by the same couple on successive evenings may be an "out."

DR. ARTHUR KEW

Physician and Surgeon

OSTEOPATHIC

603 Philadelphia Ave. Chambersburg BOTH PHONES

Miss Whisler

MILLINERY

West King Street Shippensburg

J. P. ROSSI

Wholesale Dealer In

Lemons, Oranges, Peanuts

Bananas a Specialty

62 South Main St. Chambersburg

Arter's Shop SERVICE

Hair Refunded if Not Cut to Satisfy

J. L. White Prop.

L. H. Hinton Mgr.

3 S. Earl St.

Shippensburg



**BAND MAKES ITS APPEARANCE ON NORMAL SOCIETY PROGRAM**

A new musical organization made its advent at Normal Literary Society Friday night when the Normal band made its initial appearance under the direction of Edwin Harbaugh '25. Mr. Harbaugh is also director of the society orchestra and it is through his efforts that the band materialized.

This is the first time in Normal's history that a band has been placed on the list of musical organizations. The other musical numbers on the program were a violin solo, Berceuse, "Cradle Song" by Dorothy Weaver and a mixed quartet which sang "Massa Dear" by Anton Dvorak.

A debate was scheduled on the question, "Resolved, That All Rural Schools Should Be Consolidated." Ruth Wahrman '24 and Hilda Hartman upheld the affirmative against Arthur Filler '25 and Charles Gentzler '24 on the negative. An unusual decision occurred in the judging of the debate when the judges handed in a 2-1 decision in favor of the negative and the house voted in favor of the affirmative.

America's greatest lyric poet, Henry Wadsworth Longfellow was the theme of two numbers on the program—a biographical sketch by Sherrick Gilbert '25 and a recitation, "The Day Is Done," by Anna Koser.

Mae Parfet '24 presented an American Indian dance as a special feature and Ralph Weigle '25 edited the Normal Gazette.

Mr. J. K. Stewart, the visiting teacher praised Normal's ever present spirit of welcome and complimented the society upon its good work.

The regular election of officers was held with the following results:

- President—Charles Gentzler '24
- Vice-President—Blanche Staley '24
- Secretary—Anna Altland '24
- Critic—Jessie Baylor '24.

**NEW AND UNIQUE WAY OF SECURING ATHLETIC POINTS**

College girls are addicted to periods of depression due to overweight or underweight. The Athletic Association at Hood College announced that the remedy for both had been found—health cards would do it. The association states that 49 girls have fulfilled requirements and are entitled to 50 points.

There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self.

**I'LL SEE YOU AT "SIDS" POCKET BILLIARDS CIGARS and TOBACCO**  
19 West King Street Shippensburg

**JITNEY QUICK LUNCH**  
Opposite Penn'a Station  
Home Cooking Superb Coffee  
Best Sandwiches on Earth  
Your Patronage Will Be Appreciated

**Baker's Barber Shop**  
Only High-Class Barbers Employed  
South Earl Street

**MISS ALTER MILLINERY**  
69 East King St. Shippensburg

**Best Wieners**  
IN TOWN AT  
**CRYSTAL RESTAURANT**  
LEWIS SKAVES, Prop.  
8 South Earl St. Shippensburg

**PHILO SOCIETY ON TRIAL IN THE PHILO REVIEW**

A replica of a medeavial court trial was given at Philo last Friday evening in the Main chapel when Helen Miller '25 presented the weekly Review of the society.

The King, Public Opinion, called his prisoner, Philo, and her company and accused them of "killing time." Philo pled with the King to give her troop a chance to show their abilities. Current Events plead his case by telling current topics of the day. Music was summoned to show his usefulness to the society. The King was not satisfied with a verbal plea and the society was charmed with a violin solo, "Song of Love." The Literary Light, and the Jester were also called upon. The King was positive that the Jester would fail but she in turn entranced him with a dance. The entire company was pardoned and Philo was freed from her chains.

A Leap Year Stunt which was in charge of Louise Swartz '24 furnished the society with an opportunity for laughter.

There were several musical numbers on the program. The Glee Club sang "Blow Ye Gentle Breezes, Blow." Harold Neusbaum '25 a new member of Philo, played two violin solos, "Love's Just a Gift of Roses," and "The Rosary."

Mildred Yingling '25, Mildred Barkdoll '25 and Roy Funk '24 sang a trio, "Music of the South."

A scene from the "Merchant of Venice" was given by Eliza Lee Russell '25 and Miriam Embick '24. Lola Pheasant '25 gave an oration on "Lincoln" and a book review "Maria Chapdelaine" by Louis Hermon, a novel dealing with French Canadian life was given by Ruth Keadle.

The world is full of fools and faint hearts, and yet everyone has courage enough to bear the misfortunes, and wisdom enough to manage the affairs of his neighbors.—Poor Richard's Almanac.

The man who is above his business may one day find his business above him.

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**NEW ASSEMBLY BOOKS ARE USED IN TRAINING SCHOOL**

The Training School children very proudly displayed their new song books in Assembly, Friday morning. The new books are the "Junior Laurel Songs" by M. Teresa Armtage. A large part of the period was devoted to singing. That they were delighted with the new books was evidenced by the hearty response they gave Miss Clever. The books are also being used in class in the upper grades, so that thru outside preparation the assembly singing may be improved.

Besides the community singing the following short program was given in honor of Longfellow's birthday.  
Chairman ----- Lowell Burkholder  
America ----- School  
Flag Salute ----- School  
"Longfellow's Life" ----- Wilbur Nye  
Recitation—"The Village Blacksmith" Porter Bolan  
Recitation—"The Children's Hour" John Koontz  
Recitation—"The Psalm of Life" Wilbur Allison  
Chorus—"Blow Ye West Winds, Blow" Eighth and Ninth Grades  
Sketch on Leap Year.

Dost thou love life? Then do not squander time, for that is the stuff life is made of. Franklin.

The best recipe—best to work and best to take—is the admiration of a friend.

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Confectionery Ice Cream  
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**GOSSERT'S Sodas and Sundaes**  
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**BOXING BOUT BETWEEN HALVES SENIOR-SOPH. CONTEST**

Between the halves of the Senior-Soph. basket ball game last week, "Dutch" Eby, fly weight champion of C. V. S. N. S. and "Sammy" Angle, feather weight boxer, pushed the leather for a two-round no decision bout on the gym floor.

The first round was one of little action with only occasional punches from Angle to the chin and from Eby to the body. A clinch came during the middle of the first when both met at the center and started administering body blows.

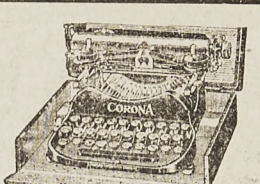
The second round saw more action when Angle sent a right to Eby's chin and Eby sending a left to Angle's body only to be side-stepped by Angle causing Eby to miss which resulted in a fall for Eby. Dutch retaliated by sending a right to Sammy's chin which nearly took him from his feet. The bell rang and the bout closed.

If there is anything you especially shrink from doing, do it.—Emerson

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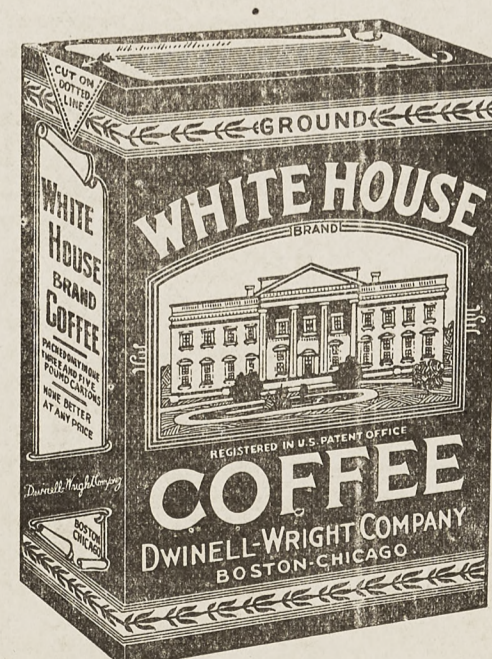
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# ALUMNI

Mrs. W. N. Decker '96 of Altoona spent last Thursday and Friday at C. V. S. N. S. Mrs. Decker was very favorably impressed with the advancement made by Normal since her graduation.

Josphine Seiling and Grace Smith, both of the class of 1921 spent Washington's Birthday at Shippensburg. Miss Seiling is teaching the fifth grade in the Stevens building and Miss Smith is teaching fifth grade in the Irving Building of the Altona schools.

Kathleen Gibbons '23 spent Washington's Birthday at Normal. Miss Gibbons is also teaching in the Altona Schools.

A son was born to Mr. and Mrs. Oscar Lashley (Keebaugh) at Huntingdon, Pa. on February 7, 1924. Mrs. Lashley was graduated from C. V. S. N. S. in 1918.

Mr. W. G. Hensel of Mowersville and Miss Carrie M. Shuman of Newburg were united in marriage at Carlisle, February 22, 1924, by Rev. A. R. Ayers. Mr. Hensel was a member of the class of 1921.

Chester Myers has accepted a position with an ice plant in Harrisburg. Mr. Myers was graduated from C. V. S. N. S. in 1918.

J. Paul Charles of the class of 1917 is teaching in Tionesta.

Alice McClain '21 is a student at Mt. Holyoke.

Byrdee Myers is teaching the third and fourth grades at New Alexandria. Miss Myers was graduated from C. V. S. N. S. in February 1924.

Albert Baker of the class of 1921 is teaching at Library, Pa.

Zoila Gardner of the class of 1923 is a student at Gettysburg College.

Floyd Hade of the class of '19 has accepted a position as teacher of biology at Cornwall Military School, N. Y.

## PROF. GROVE'S MOTHER DIES AT HOME IN SHADY GROVE

Mrs. Anna Witmer Grove, mother of Prof. Seth Grove of the Normal School faculty, died at her home in Shady Grove last Wednesday evening at 5 o'clock. Funeral services were held at the home at 1:30 o'clock, Saturday.

Make the Team!

Don't be an "also ran"—WIN with the Spalding Olympic Championship Running Shoe.

A. J. Spalding & Bros. The Shoe of Champions  
126 Nassau St., N. Y.

## SCHOOL DIETICIAN OUTLINES PLANS FOR MEALS

(Continued from First Page)

were really meat and potato cakes, a relatively small amount of meat being used to flavor left-over potatoes from the two preceding dinners.

Grape fruit appeared on the menu three days in succession because a local dealer had stocked up too heavily and was glad to have the fruit taken off his hands at a sacrifice. If it had not been available, baked apples would have served one breakfast, and dates or raisins added to the cooked cereals would have served for the others.

In general the plan is meat, some fruit and green or juicy vegetables once every day with abundance of cereal foods and milk at every meal.

There is no weekly program of meals, so that the students do not know in advance what is to be served and the element of surprise has a valuable effect. The general plan as outlined, has been found satisfactory from both economic and nutritional standpoints.

## "FRIENDSHIP" TOPIC AT Y. W. C. A. SERVICES

"Friendship" was the subject discussed at the Y. W. C. A. meeting held in the court of the Girls' Dormitory, Sunday evening. Three phases of friendship were given: Seeking friends, Olive Horton '27; Sharing friends, Lola Pheasant; and Being a friend, Louise Swartz '24. The fact was brought out in these talks that Christ was a friend to all and for that reason we should follow in his footsteps. "Real, true friendship, as was shown by Christ, is a willingness to share the joys of our friends, and if need be to give our lives for them.

The Mandolin Club played "Barcelonne" from Tales of Hoffman and "Queen Fair Waltz."

# BULLETIN

- Friday, March 7, 1924
- 6:30 P. M.—Philo Literary Society, Training School Chapel.
  - 6:30 P. M.—Normal Literary Society, Main Auditorium.
  - 8:00 P. M.—Carlisle vs. Shippensburg
- Saturday, March 8, 1924
- 2:00 P. M.—Middlers vs. Freshmen.
- Sunday, March 9, 1924
- 8:50 A. M.—Sunday School.
  - 6:00 P. M.—Y. M. and Y. W. Meetings
- Monday, March 10, 1924
- 7:45 A. M.—Business Staff meeting
  - 4:15 P. M.—Band Practice.
  - 6:15 P. M.—Mixed Chorus.
  - 6:15 P. M.—Girls' Basket Ball.
- Tuesday, March 11, 1924
- 7:45 A. M.—Reflector Staff Meeting.
  - 4:15 P. M.—Junior Chorus.
- Wednesday, March 12, 1924
- 3:15 P. M.—Orchestra Practice.
  - 6:15 P. M.—Girls' Basket Ball.
  - 7:00 P. M.—Prayer Meeting, Main Auditorium.

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## THE SCIENCE DEPARTMENT FORMS NEW ORGANIZATION

A new organization was launched on its career Wednesday evening at 4:15 when the classes in advanced botany, ecology, zoology and geology, met in the biological laboratory for the purpose of organizing a science club. Mr. Shearer explained the purpose of the club which aims to give its members a broader knowledge of the scientific world than it is possible to acquire in the class room. The following officers were elected:

- Pres.—Russel Coover '24.
  - V. Pres.—Clair Smith '24.
  - Secretary—Eliza Russell '25.
- There are many details which must be arranged before the club's organization can be completed and for this purpose the president appointed the following committee:
- Constitution Com.—Helen Miller '25, Glen Bailey '25 and John Harris '25.

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