

# Deeps and Shallows

## Vicious Vittles

(Or, might we say, Yogurt?)

My wife has a book. Don't get me wrong. Our library is bulging; but this latest tome is all-important as far as she was concerned. It's something about becoming beautiful and young again. The theory is that, with the right kind of food, one can correct falling hair and arches, bad disposition, corns, B. O., pyorrhea and every ailment known to man.

So, we're on a diet. Brother!! I approach the dinner table with my fingers crossed. I never see any of the old familiar viands. At times I inquire, "What the Heck is this mess?" That brings on a martyred smile and a diatribe on the nutritive values of yogurt, soy beans, wheat germ and various other fantastic concoctions.

I never did like salads. Of course a good cabbage slaw was different. These days we have "health salads", all kinds of raw stuff, chopped and mixed with that ever-present yogurt.

It seems that a fellow must reduce his waist-line if he wants to be admired. Well, I never was a Robert Taylor but I was plump and prosperous-looking. Now, look at me! My double chin has become a wattle that flaps around uncontrollably and gets pinched when I button my collar. Also, I'm definitely Mr. Droopy-drawers. My trousers are so loose that I have to shift the fullness to the back. The effect is reminiscent of Grandma's bustle.

It has always been my habit to raid the kitchen about ten o'clock each night. Usually I came up with a couple of sandwiches, a glass of milk and a hunk of chocolate cake. Nowadays, the Missus trots after me officiously: "No starch nor carbohydrates. Here, I'll get you a dish of yogurt."

I have to listen to tales of the longevity of the Bulgarians who eat yogurt at every meal and who enjoy perfect health. So what? Anyway, I think they started eating the stuff because they had no refrigerators and they didn't want to waste it even though it was sour. Undoubtedly, this regimen is telling on me. Only the other day, I heard the boss alluding to "that sour-puss".

My only consolation is the hope that this craze will pass. I remember how, for a time, an ice-cold morning shower was supposed to be the perfect cure-all. I used to arrive at the office with such a frozen face that I lost two secretaries.

I've started an insidious campaign that may prove successful. This morning, at breakfast (raw wheat germ, barley coffee and yogurt), I said, "You used to have such a pretty neck." That "used to" makes any woman panicky. Later, I peeked into her bedroom. She was stretching her jaw and rolling her head around, probably to tighten the muscles.

Next, I'll pretend to discover some wrinkles around her eyes. I can dwell upon the advantages of a few extra pounds. I'll mention that cute chubby widow who lives down the street.

A bit of subterfuge may speed the time when we'll have mashed potatoes and chocolate cake.

Poppalade.

woman, and let me at 'em!"

A.C.O. obligingly opened the door, and out swept Sister. Did she say in conciliatory tones, "Gentlemen, gentlemen please let us arbitrate"? Not at all. Sister had had enough of such actions. What she probably said was: "Cut it out, you guys! You're making an atrocious nuisance of yourselves!" And leaping between them, she applied to the nose of each such a swift and painful claw as to send them yowling in opposite directions.

Then, daintily dusting her paws (so to speak), Sister calmly returned to the kitchen and finished her lunch.

—R. B. O.

## Second Class Of Speech Offered At "Y" For Overflow

The class in purposeful speech under the supervision of Kenneth G. Hance, assistant dean of Northwestern School of Speech, is now in session.

The course proves so popular that another class will begin about the middle of November to enable those who could not enter the first course because of the overflow of enrollments to still take advantage of the instruction. Mr. Hance's class will consist of six lessons on Monday evenings beginning at 8:00. The present class will end November 13, at which time the second course will be offered. Kindly register for the second class at once. Call HI. 2-0675.

**Modern Dancing**

The adult class in modern dancing, under the direction of Madge Friedman, will begin on Friday, October 20, from 9 to 10 a.m. at the "Y". Call the "Y" for immediate registration. The class will continue on Friday mornings.

**Writers' Workshop**

Frederick Nelson Litten will begin his workshop for writers on Wednesday morning. Registrations can still be taken. Call HI. 2-0675. Instruction will include basic work for beginners in writing and composition.

## Welfare Groups Start Plans For Christmas Stockings

The senior group of the Highland Park-Ravinia Center of the Infant Welfare will meet on Monday at 11 a.m. in the home of Mrs. Spencer R. Keare, 842 So. Linden avenue.

Assisting her as hostesses will be Mesdames George H. Hartman, Frank B. Wales, Horace S. Vaile and Herbert E. Kerber. The board will convene at 10 a.m.

Mrs. Robert S. Cushman of 349 Kimball road will open her home to the Intermediate group.

Following the meetings, members of the four Highland Park groups will attend the Tea for Toys, which is this year being called the Christmas Stocking Party, to be given in the home of Mrs. Malcolm D. Vail, 190 Lakewood.

## Hallow'en Atmosphere To Mark "Family Night" October 25

The October family night at Wesley Methodist church to be held October 25th will be of a Hallow'en setting. Beginning at 6:00 a pot luck supper will be served. Families are urged to bring a hot dish serving approximately six persons. The salad, drink, rolls, and dessert will be assigned to individuals in order that there might be no expense connected with this dinner. The W. S. C. S. will set the tables to suit the mood of the evening. The MYF will clear them after the program and the Couples club will police the kitchen. The Men's club will have charge of the program.

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## Highland Park Music Club Presents October Program

The Highland Park Music Club will meet at the home of Mrs. Richard E. Welch at Bannockburn, on Half-Day road, on Wednesday, October 25 at 2 p.m. An interesting program has been arranged by Mrs. Kenneth Kraft for the occasion. It will consist of vocal solos, piano numbers for four hands, and piano numbers arranged for eight hands.

The first group of vocal solos by Mrs. Alice Mansueti, will include the following: Bois Epe—Lully; Auf De Wesser Zu Singen—Schubert; Zueignug—Richard Srtauss, and Aria—Vise D'Arte from La Tosca by Puccini. She will be accompanied by Mrs. Edward Sherry.

A piano ensemble of two pianos (four hands) will offer the second group of numbers, consisting of: Jesu, Joy of Man's Desiring—Bach; Waltz No. 6 and Waltz No. 1 from Opus 52 by Brahms; Alt-Wein—Godowsky; Dance of the Candy Fairy from the Nutcracker suite—Tchaikowsky; Harmonica Player, from Alley Tunes—Guion. These numbers will be played by Mrs. Wilfred Johnson and Mrs. Edward Sherry.

The third group will consist of songs by Mrs. Mansueti, as follows: By A Lonely Forest Pathway—Griffes; An Old Song—A. Buchanan; Young Tom O'Devon—Simpson Russell.

A piano ensemble arranged for two pianos (eight hands) will conclude the program, and will consist of Two Movements, Andante-Allegro-Moderato, from The Mendelssohn Octette Opus 20, and will be played by Miss Priscilla Carver, Mrs. George Carr, Mrs. Charles Kimbrough and Mrs. Paul Mathews.

## Highwood Legion Auxiliary Sponsors Activities At Downey

The American Legion auxiliary of Highwood met Monday night at the Legion home, Mrs. Arthur Cervetti, president of the unit, presiding.

Mrs. Eggert Carlsen, rehabilitation chairman told of the various activities the unit will sponsor at the Downey hospital this year. On the afternoon of December 5th the unit with Highland Park, Round Lake and Grayslake will sponsor a birthday party for the men whose birthdays are in December. The women will play cards with the patients and for refreshments a Birthday cake, cup cakes and coffee will be served. Each patient will receive a package of cigarettes at the close of the party.

Highwood, Highland Park, Lake Forest, Libertyville and Waukegan 281 units will sponsor a dance on January 30th. Each unit in the district is requested to send at least five women to these dances, for there are many men who attend and look forward to the dances. Cookies and fruit are served for refreshments, and cigarettes are issued to each patient.

In the T.B. ward, Highwood and Highland Park will give a party on February 13th. At this time entertainment is to be furnished and refreshments are served.

Besides having parties each month for the women patients too, there also are picnics during the summer months. Highwood will sponsor their picnic on August 14th with Highland Park and Lake Forest. A complete meal is served at this, since it is held during the evening meal hour.

Expenses for these parties and dances come out of the Poppy Day fund, and since they do run rather high, units are assisted by others in the district, which helps greatly financially and with the work.

The coupon program is working toward a goal to increase the rehabilitation fund in aiding in the maintenance of the Downey nursery at the Veterans' hospital. Last year the cash derived from this project in the state of Illinois amounted to \$1,741.50, reported Mrs. Carlsen. This program is to be continued again this year.

The Veteran's Craft shop sales will be conducted by Mrs. Ray Suzzi, chairman, assisted by Mrs. William Christensen and Mrs.

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James Minorini. The articles made by disabled veterans, are such items as leather goods, rugs, copper and pewter ware, woven work, jewelry, wood craft, baskets, pictures, plastic articles, etc. These will be on display at Unit meetings and any further information for the purchase of the articles may be obtained by calling Mrs. Suzzi, HI. 2-4279. Since Christmas is near at hand, many of these would make wonderful Christmas gifts, and help a disabled veteran too.

## Leaders For Girl Scout Troops Of Immaculate Conception

Mrs. E. P. Ohlwein, Scouting Chairman, and Mrs. John Jacobsen, Girl Scout Co-Chairman for Immaculate Conception School have announced the leaders for the Girl Scout Troops for the current year as follows:

Troop No. 2—Leader, Miss Norma Santi; Troop No. 17—Leader, Mrs. John H. Jacobsen; Troop No. 53—Leader, Mrs. Murray Sheridan with Mrs. Seney and Mrs. Wm. Hess as co-leaders.

Troop No. 21A—Leader, Mrs. Ed. Ohlwein; Troop No. 21B—Leader, Mrs. Steve Sordyl with Mrs. Agnes Quinlan as co-leader. Troop No. 40—Leader, Mrs. Weyland Seads with Mrs. Albert Meeg as co-leader; Troop No. 52—Leader, Mrs. William Cortesi with Mrs. V. Benvenuti and Mrs. Barry McKinley as co-leaders.

All troops are busy collecting papers for the current paper drive for the financing of scout projects this year.

## Friday Night Forum At Congregation Israel

"Judaism Comes to Life" will be the topic for discussion at the first Friday Night Forum of the year on October 27, at the North Shore Congregation Israel.

The Friday Night Forum is a relatively new Temple institution whose purpose is to promote lay discussion of subjects of current social and cultural interest to the Jewish community following the regular Friday evening services. The service begins at 8:30 p.m.

Rabbi Edgar E. Siskin, Samuel J. Baskin of Highland Park and Samuel R. Rosenthal also of Highland Park, will discuss the article "What Do The Jews Believe?" which appeared in a recent article of Life magazine.

Among the members of the Friday Forum Committee are: Joseph H. Caro, Mrs. Maurice A. Pollak, and Leonard Ross of Highland Park.

Refreshments and a social hour will follow the forum.

## Mothers' Guild Program To Include Color Movie

The Mothers' Guild of Immaculate Conception School will hold its regular meeting on Thursday, October 19th at 1:30 in the Rectory Club Rooms.

All mothers of children attending Immaculate Conception School, and mothers of graduate students, are invited to attend Mothers' Guild meetings.

The program will include a color movie "Skyways to Mexico" thru

the courtesy of American Air Lines. Hostesses will be the seventh grade mothers. Mrs. Andrew Thalman and Mrs. Francis Nosek, room mothers, will be in charge of refreshments.

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