

**OYSTERS GIVEN O. K.**

**State Health Director Declares Bivalves Are Not Only Entirely Sanitary But an Ideal Food**

Declaring that oysters are one of the finest of foods because of their nutritional value and easy digestibility, Dr. Isaac D. Rawlings, state health director, announced this week that the bivalves coming into Illinois this season are clean and wholesome from a sanitary viewpoint. Oysters contain a bit of iodine and have practically the same volume of the same food elements as milk except there is almost no fat. Thus they are helpful as a goitre preventive and may be consumed by the obese without danger of enlarging girth line.

"Shell fish coming into Illinois from certified sources this year measure up to all reasonable sanitary requirements," said Dr. Rawlings, "and practically all oysters on the Illinois market are from certified dealers. These are safe and wholesome for raw consumption. They make an almost ideal food in many respects because they are not only nutritious and easily digested but contain mineral substances of value in goitre prevention.

"In this day when almost every edible product under the sun is advertised as a health food of special merit it is refreshing to find real scientific evidence favoring the lowly bivalve in this respect. Health officers regard the oyster as one of the valuable sea foods. Its chemical composition is practically the same as milk without the fattening constituent.

"Since northern Illinois lies within the Great Lakes goitre belt a food that contains a preventive of that disorder has definite public health significance. It is, therefore, important that people know this generally.

"Altogether oysters constitute a valuable food from both a dietary and a public health standpoint. Worse things could be embraced in the Thanksgiving dinner menu."

Mr. and Mrs. Burton H. Atwood of 839 Elm street returned Friday night, November 12, from a two weeks motor trip of 2,500 miles through the East. They stopped a week in Washington, D. C., and spent some time with their son Robert, at Clark university, Worcester, Mass.

A daughter was born November 4 to Mr. and Mrs. A. B. Krieg. Mr. Krieg is Winnetka's building inspector.

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**Hours of Worship**

Sunday—  
Sunday school, 9:30 a. m.; Bible school, 9:30 a. m. (for young men and women), Subject: "Personal Talks of Jesus." Swedish service, 11 a. m.; Young People, 4:30 p. m. (note the change of hour). Student class from Wheaton college will take part. English service, 7:45 p. m., subject: "Behold the Lamb of God."

Wednesday—  
Swedish service, 8 p. m.

Thursday—  
Thanksgiving service at the Congregational church. Sermon by Rev. A. E. Rohrbach, 10:30 a. m., subject: "The Thankfulness of Jesus." English service, 7:45 p. m. A special Thank offering will be taken.

You are cordially invited to attend!  
"Ten lepers were purified, only one was beautiful,  
He turned back giving thanks: and he was a Samaritan."

**DISCUSS CLUB PLANS**

At the meeting of the Winnetka Sunday Evening club, November 21, at 6 o'clock, in the Camp Fire room at Community House, definite plans will be proposed and discussed for the reorganization and continuance of the club. A light supper will be served.

Mr. and Mrs. Charles H. Allen, formerly of 1347 Scott avenue, Hubbard Woods, have left the village and are now making their home at 181 Beach road, Glencoe.

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