

"Eat Hearty" But With Precaution on Thanksgiving

With the turkey and cranberry season just ahead and the frosty air already whetting the appetite against the coming frost, Dr. Isaac D. Rawlings, Illinois state health director, declares that a few square meals at this time of year are not only unharmed but distinctly advantageous to health. The main requirements are not to overdo the feasting, giving the stomach a chance to rest after a big meal, to make a horizontal attack on the dinner table, eating some of many sorts of food and not too much of any kind. For overweight people and those who ordinarily over-indulge their appetites the reducing diet should be a horizontal decline, leaving no sort of food off the menu but eating sparingly of all.

"A cheerful mind and a full stomach are two factors essential to good health," said Dr. Rawlings, "provided the stomach is full of the right kind of things and provided it isn't filled up too often. Nature pours out an abundance of all rich foods in the autumn because animal life requires a heavy fattening diet to protect it against the low temperatures of winter. Man is no exception but his artificial habits of clothing, housing and transportation make it necessary to modify his diet also. The modification should be chiefly a matter of quantity, however, and not of quality or variety in food."

Y. M. C. A. Schools Alumni in Annual Reunion Nov. 17

The annual fall reunion of the alumni of the Central Y. M. C. A. schools will be held in the Banquet hall of the Central Y. M. C. A., 19 South La Salle street, Chicago, Thursday evening, November 17, at 6 o'clock. All former students and graduates are invited to attend.

The program this year promises to be one of unusual interest. The speaker of the evening will be the J. Hamilton Lewis, ex-senator from Illinois, and a very pleasing orator. The Dramatic club of the College of Arts will present a one-act comedy by Arthur Hopkins, entitled "Moonshine." A number of splendid musical numbers have also been arranged by the program committee.

Barnyard Golf Popular N. U. Intramural Sport

The game of horseshoes, popular barnyard sport, is flourishing among the fraternity men at Northwestern where over 350 students are competing in the tournament being conducted by the Intramural department. The game was introduced at the University this fall and each day finds the horseshoe courts crowded with men students testing their skill with the trodden shoes.

Touchfootball is another intramural sport which has been attracting many men students this fall. Twenty-nine teams representing 300 men are busily engaged fighting for the championship of their respective leagues.

Mrs. I. J. Smit of 815 Foxdale avenue is entertaining the past matrons of Peerless chapter, O. E. S., at luncheon today at the Ivory room at Mandel's. Following luncheon, she will take her guests to a matinee.

Mr. and Mrs. Frank F. Stover of 1183 Tower road left for the East November 9, where they will visit their son, Frank, Jr., who is attending Princeton. While East they will attend the Yale-Princeton game.

Mr. and Mrs. Eugene A. Howard of 1015 Pine street announce the birth of a son on Saturday, November 5, at the Evanston hospital. The baby is to be called Eugene Addison Howard, Jr.

Invite Children to View Movies at Field Museum

"The World's Struggle for Oil" is the moving picture to be given at this week's free entertainment for children Saturday, November 12, at Field Museum of Natural History, Chicago. The film is presented under the auspices of the Raymond Fund of the museum.

The picture will be shown in the James Simpson theatre of the museum, and will run continuously from 10 a.m. until noon. All children of Chicago and suburbs are invited, and no tickets are necessary for admission.

Saturday, November 19, there will be four films—"Silvery Salmon," "Home of the Birds," "Leaves from a Ranger's Notebook," and "Cameraing Through Africa."

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