

Plans Definite For Festival

AAUW will stage its Mid-Winter Festival for defense and local charities in the State College high school auditorium from 8 p. m. to midnight Tuesday, according to members of the central planning committee.

Tickets, which AAUW members are selling for 55 cents, will enable purchasers to dance and view the floor show.

Cakes, cookies, ice cream, "hot dogs," sandwiches, and soft drinks will be sold at concession booths, operated by the Alpha Fire Company, the Junior Red Cross, the Women's Club, and other town groups.

Profits from tickets will be divided among the Red Cross, the State College Welfare Fund, Mrs. Metzler's Fund, AAUW National Fellowship Fund, and the AAUW Local Scholarship Fund. Groups operating concessions will name recipients of their profits.

PSCA To Recruit Seminar Delegates

John W. Dague '42 and M. Elizabeth Howe '42 were appointed yesterday by PSCA to recruit Penn State delegates for the "Citizenship Seminar" in Washington, D. C., February 5 and 6.

Purpose of the Seminar, which is limited to 40 students from colleges and universities in the Middle Atlantic Region, is to help train students for intelligent and constructive citizenship to meet present and future needs.

Included in the two-day program are plans to discuss civilian morale, defense and the relation of labor, civil rights, natural resources, and educational change with persons connected with these committees and departments in the capital. The group will also visit the Attorney General's office and congress and observe work of special Congressional committees.

PSCA urges students interested in representing Penn State at the Seminar to sign up at the CA office, 304 Old Main, before February 1.

Pi Gamma Mu Initiates Seven

Seven students have been initiated into Pi Gamma Mu, national social science honorary fraternity, at a formal banquet in The Maple Room of the Home Economics Building.

The students initiated were: Thomas J. Burke '42, John M. Capozzola '42, Ruth A. Marshall '42, Elizabeth C. Rose '42, Horace C. Wright '42, Robert L. Ellis '43, and Lois J. Kaiser '43. Dr. H. J. Bruman, department of geography and president of the Pennsylvania Epsilon Chapter, welcomed the new members.

Using the slogan, "Millions for defense—milk and cookies for health," Cornell women are serving milk instead of the customary tea.

Rides Wanted

PW — Phila. L. Fri. at 4—R. Mon. nite. Call 711, 103 Watts Hall.

PW — Pottstown or Reading or vicinity. L. Fri. 3:30 p. m. Return Monday. Call Bob. 2883.

PW (6)—Kane or Union City. L. Friday. Ret. Tuesday morning. C. Weed 4593.

RW — Coudersport or vicinity. L. Saturday noon. C. Dick 2033.

RW — Harrisburg, Lancaster or Reading. L. Saturday noon. R. Sunday night or Monday. C. Jim, 2435 after 3 p. m.

RW—Pittsburgh. L. Fri. 2 p. m. Call Williamson 756.

RW—Pittsburgh. L. Friday noon. Call Al 830.

Rhinitis Victims Infect Campus

Naso pharyngitis, allergic rhinitis, or tracheitis—are you suffering with any of these? According to infirmary records 429 victims of these or similar diseases have reported for treatment since the holidays. Snorts, sniffs, and foghorn voices are quick giveaways of this persistent pest—the common cold.

Filerable virus is the villain who causes the cold. Once it enters into the system 50 different germs which ordinarily live peacefully in a healthy mouth play "follow the leader" thus promoting cold symptoms.

To evade this annual jinx, simple precautions must be taken. Watch your diet to avoid excess of food or food which starves the system of vitamins, agree medical experts. Get plenty of fresh air because too much indoor life weakens resistance to the onslaught of colds.

An effective method of preventing colds is to gargle with hot water and salt or bicarbonate of soda when you first feel one coming on. If, in spite of everything, you still get a cold, bed is the place for you. Stay there until you feel better and cease to be a germ-spreading menace. Doc says it's best.

HEC Class Shows Filing Methods

"Keep 'em filed" is the slogan of the filing exhibit to be displayed in Home Economics auditorium from 8 a. m. to 5 p. m. today and tomorrow.

Prepared as a project of home economics seniors in homemaking education, the exhibit will show practical and economical methods of filing and classifying materials, Mrs. Mary W. Streiffeler, class instructor, stated yesterday.

Advantages and disadvantages of various cabinets, boxes, and cases for filing of notes, booklets, drawings, recipes, and charts will be shown in proper order. The exhibit will be open to the public.

Williams To Speak

Dr. Clarence O. Williams, associate professor of education and assistant administrative head of lower division, will speak at a meeting of Kappa Alpha Theta at 7:30 p. m. Monday. Discussion will be centered on how coeds can prepare for defense jobs.

CLASSIFIED SECTION

LOST—Two-tone brown sweater. Zipper front. Possibly in White Hall or Sparks Building. Return to Student Union. 2 tpd 20.21 RS

EVERY MAN A PIRATE, every girl a sailor's sweetheart at Penn State's famous Dry Dock Night Club, Saturday, Jan. 24. It's nautical, but nice. Make reservations at Student Union today. 3t 20.21.22

ATTRACTIVE ROOM to let in dormitories for second semester. Call Gallup 305, Irvin Hall or house manager TKE, 756. 3 tch 20-21,22M

FOR RENT—Spacious first class double dormitory room. Call Swartz, 114 Watts Hall. 3tpd 21-22-23 FEC

FOR RENT — Large corner room. Twin beds. Second floor, 117 E. Fairmount. Phone 3281. 2tch 21-22REE

FOR SALE — All kinds of yarn. Free instruction given to purchaser. Mrs. J. W. Lawther, 117 E. Fairmount. Phone 3287. 2tch 21-22REE

DOUBLE ROOM FOR RENT — Ideal study conditions. Near Campus. Apply 257 E. Beaver or call 4234. 1tpd 21M

OPPORTUNITY for enterprising young man to entertain lovely young lady in spot as lovely as herself. Dinners as low as 35c. Boalsburg Tavern. ch B.

Coeds Serve Coffee To Ward Off BB Blues

Coffee will be served in one of the four Atherton Hall units at 10:15 o'clock every night this week to help keep coeds awake for bluebook studying. Also, sandwiches and candy will be sold.

Locust Lane freshmen will enjoy a half hour of relaxation when coffee, cocoa, sandwiches, and cookies are served between 10:30 and 11 o'clock Thursday night.

We, The Women Spirit Is Willing, But Flesh Is Weak

Results of defense physical examinations show that the general health of the American public is considerably lower than it was during World War I, especially in the case of college students.

Statistics don't show it, but the reason for this lowered physical prowess probably lies in the fact that people today are doing more riding than walking, that college students are keeping late hours, losing sleep, and working with their minds (to a certain extent) instead of their bodies.

Sucking a coke in the Sandwich Shop is obviously preferable to an hour's swim or a hike in the snow after staying up all night slapping a term report together. It takes less energy.

But there are a few students who have found that some good solid exercise does the trick even better. And they are not the men students either.

There is a group of about 15 coeds who have formed a Body Mechanics Workshop which meets every Monday night in the Body Mechanics Room at White Hall. This group spends a half hour or so losing its bluebook nerves on the bars, rings, and reducing machine.

Any one of them will testify as to the value of exercise for relaxation and physical fitness. Although the group is in no way connected with defense, it is doing its own meagre part to raise health standards.

Maybe more students should give it a try, perhaps not as concerns defense physicals, since that would take time, but only for the sake of feeling fit during exam week. —K. M. P.

'Thinking' Helps Navy Calls

Keep Coeds Slim For Women

"You have to be laid down, sister, if you want to keep slim," are words no longer applicable to modern coeds.

Today good body balance and alignment accompanying the skills of standing, walking, and sitting are acquired by "thinking," neurologists interested in body mechanics say.

"Thinking" controls body balance by building new neural pathways to various body parts, thus deriving a sense of body balance.

Penn State offers a course in Body Mechanics, teaching college women the utilitarian skills in modern, positive ways. Sciences used to attain the aims of the course are physics, contributing principles of mechanics; art, bringing in beauty and proportion; anatomy, giving correlation of body segments; and physiology, endorsing good alignment.

A discussion of the fundamentals of body balance begins the informally conducted practice period. Illustrative material such as "Penelope," White Hall's skeleton, and muscles charts are used.

Next students stand before mirrors and endeavor to put discussed principles into practice by adjusting their own bodies to a vertically balanced plane.

Walking is practiced; after which, exercises are done to maintain balance in separate body parts.

The period is concluded in a recreational way by playing games and dances conducive to balance and rhythm development.

Curry '43 Elected 4-H Club Head

Irvin K. Curry '43 was chosen president of 4-H Club at the club's annual elections Monday. Other newly elected officers are Mabel E. Satterthwaite '43, vice president; Esther M. Cook '45, secretary; and John M. Graham '42, treasurer.

Representative to Agricultural Student Council for the club is Dorothy M. Boring '44, while Frederick A. Hughes '45 is song leader. Formal installation of the new officers will be in 405 Old Main at 7 p. m., February 2.

To meet demanding national defense needs, a call was recently issued by the Washington Navy Yard for women scientists, engineers, and mechanics.

The Navy stressed that the supply of men available for such positions is rapidly becoming exhausted. Some women will be employed immediately while others will be placed on a call list as need for their services arise, stated a Navy official.

College graduates holding an AB or BS degree from a recognized college or university and who have majored in mathematics or physics were asked to apply. Also graduates with a BS or MS in mechanical, electrical, or metallurgical engineering are needed. Jobs for graduates holding BS, MS, or Doctor's degree in chemical engineering are open.

Home Eccer Wins Honors In Phys Ed

She may be a Home Eccer, but Kay Wright '45 has taken honors in the phys. ed. field as well as in the kitchen.

A skier for more than five years, Kay took unprofessional lessons from her high school friend, Jimmy Durrance, now a freshman at Dartmouth and brother of Dick Durrance, national champion.

Kay comes from Springfield, Vermont, where skiing begins long before it reaches Penn State. She brought her own ski equipment to college, but so far there hasn't been enough snow to ski as much as she'd like to. Christmas vacation at home provided the only real opportunity.

Kay has entered events for women in the annual Dartmouth Carnivals, in which skiers from all over the country have participated.

As soon as the snow is heavy enough, Kay plans to assist in coed ski instruction on Holmes Field and Bald Knob ski trail. She also numbers swimming among her sports hobbies, and is a member of the diving club at White Hall.

Honoring approaching exams, Cornellians celebrated with a "Musical Cram Session" intended for relaxation before the tough grind ahead.

OPPORTUNITY KNOCKS

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