

Do Students Eat Adequate Meals?

By Barbara Hawthorne
Society Editor

An adequate diet is essential to good health, that's an established fact; but, haven't you heard this statement made by a college student, "I just don't have time to eat a full dinner, but I must get something to eat?"

Time seems to be one of the essential factors concerning the regularity of a student's meals, and what he finally chooses to eat.

"Most students do eat regularly," stated Clarence Koester, manager of the Slater System Cafeteria in the Russell House. When asked if the students ate well, or for example, just had a cup of coffee for breakfast, he replied, "I think most of the students eat full meals."

To state some figures, Koester said approximately 800 students eat breakfast in the cafeteria, about 1000 eat lunch, and 600 dinner. Approximately 2200 meals are bought each day in the cafeteria. But when a meal is bought, does it have the required fruits, vegetables, and proteins that should be eaten? A menu for a student, for good nutritional balance, should include normal portions from each of the seven food classifications on the Basic 7 Food Group Guide, stated Koester.

Balanced Diet

Some people have the feeling that a nutritionally balanced menu does not include popular foods, but you can get all the right kinds

of foods by using this basic chart. Foods within each group are much alike in food value, so one can replace another and still give the required energy for growth and upkeep.

The basic seven groups are as follows: leafy, green, and yellow vegetables; citrus fruit, tomatoes, and raw cabbage; potatoes, and other vegetables and fruits; milk, cheese, and ice cream; meat, poultry, fish, eggs, dried beans and peas, and nuts; bread, flour, and cereals; butter and fortified margarine.

A student should eat 1800 calories each day, which includes one or more servings from the first group, either raw, cooked or canned. He should also have one or more servings of the foods in group II, which are high in vitamin C.

Group III

The potatoes and other vegetables in group III, either raw, cooked, frozen, or dried, should be eaten twice daily. Adults should drink two or more cups of milk daily, whole, skimmed, evaporated, condensed, dried, or buttermilk. One serving of meat, poultry, fish, fresh, canned, or cured, should also be included in the student's diet. Four or more eggs should be eaten a week. Everyone should be sure to include bread, flour, and cereals in their every day meals, along with butter and fortified margarine.

The average student usually eats one complete meal each day. But one meal may consist of a hamburger or sandwich in the canteen, stated Koester. Approximately

WHAT SHOULD I CHOOSE? . . . Diana Brown, a freshman in the school of Education, seems to be puzzled about what she should eat for dinner. For her meal she should choose a green vegetable, meat, yellow vegetable, salad, potatoes, bread, dessert, and a beverage, preferably milk. (Staff photo by Walt)

mately 1600 sales are made in the canteen each day. At the 10 a.m. coffee break, about 200 students go to the canteen for a second cup of coffee, and a doughnut to carry them over until lunch.

Athlete's Training

Food plays an important part in the athlete's training program. Training table meals should follow the basic principles for good menu balance; the training table menu should offer plenty of plain, wholesome food.

Regular training meals include high protein foods, high carbohydrate vegetables, fresh fruits and crisp raw salads, enriched bread and rolls, simple desserts, and a normal selection of beverages.

Scholarships Are Offered Senior Coeds

Two national scholarships for college senior girls are offered for 1957-1958 by the Katharine Gibbs School. These awards were established in 1935 as a memorial to Mrs. Katharine M. Gibbs, founder and first president of the School.

Each scholarship consists of full tuition (\$685) for the secretarial training course, plus an additional cash award of \$500, totaling \$1,185. The winners may select any one of the four Gibbs schools for their training—Boston, New York, Montclair, or Providence.

Winners are chosen by the Scholarship Committee on the basis of college academic record, personal and character qualifications, financial need, and potentialities for success in business.

Each college or university may recommend two candidates, and each candidate must have this official endorsement. Students who may be interested in competing for one of these Katharine Gibbs awards may obtain full information from the college placement bureau.

Calendar For Week

Friday, November 30

7 p.m.—Carolina Veteran's Association, Banquet, Assembly Room, Russell House.

7:30 p.m.—Alpha Kappa Gamma Meeting, Room 204, Russell House.

8 p.m.—Delta Sigma Pi Meeting, Room 206, Russell House.

Saturday, December 1

12-5 p.m.—South Carolina Collegiate Press Meeting, Room 102, Russell House.

Thursday, December 6

7-11 p.m.—Duplicate Bridge, Room 206, Russell House.

'Round The Horseshoe

(Continued from page 4)

Kaps and their dates partied, and they were Fred LeClerc and Sally Zeigler (Limestone), Hamilton Dickts and Julie Petoskey, Butch Williamson and Wray Davis, Joe Harley and Kay Lemon (Converse), John Humphrey and Camilla Philson, Pat Smith and Camilla Tiemann, and George Geiger and Sara Wingard.

Dreher-Columbia High Game

Some of Carolina's own returned to see their high school alma maters play . . . of course they were right at home all the time; the group included Joe Steen, Russell Templeton, Joe Felton, Heyward Hornsby, Jimmy Baxter and Phil Walker.

Huntsmen!!

After the reported number of people who went hunting over the holidays we expect that South Carolina's wildlife supply is exhausted. The marshes of the lower part of the state claimed the interests of Knox Haynesworth, Don Richardson, Fletcher Carter, Bill Berne and Buddy Towles. Fred Manning and Billy Mustard were on a deer drive, Billy shot his first buck.

Pinnings, Engagements, and Marriages...

Cupid had a busy holiday and witnessed the pinning of Eddie Andrews to Suzanne Wise of Columbia College, Bill Matthews to Peggy Ketchum and Tommy Yon to Sadie Lou Catoe.

Among the newly engaged are Tee Zimmerman to Boots Plowden, Rosser Thrash to Betsy Coler of Duke University and Jim LaCoste to Jane Pickney.

Some of Carolina's newly married are Kitty Whitner, Pi Phi alum, and Louis Dieterich and Mackie Prickett and Jackie Jones.

Invitations were recently received for the forthcoming marriage of Bob Hancock and Winkie Kirven.

Mr. and Mrs. Partick Treacy are the parents of a girl, Sarah Ellen, who was born Nov. 3.

Homecoming Festivities

The Homecoming Dance saw many people on hand to applaud Carol Brandenburg, the Homecoming Queen who was sponsored by Sigma Nu. Some of the people there were Jean Race and Archie Hardy, Lynn Peterson and Lawrence Curry, Louise Wood and Joe Felton, Suzanne Young and Dickie Standland, James McGowan and Virgil Duffie, Bo Nelson and Wayne Kilgore, Martha Orvin and Sinclair Lewis, Janice Palmer and David White, Bette Hobbs and Percy Stokes, James Emory and Ann Thomas, and Ellen Hemphill and Jimmy Baxter.

After The Maryland Game

The Sigma Chi's entertained with a Tea Dance and among those in attendance were Poo Craighill and Brock Conrad, "G. B." Sanders and Bill Poplin, Margaret Rainey and Ed Mullins, Cleaves Daniels and Billy Watson, Betsy Brown and Fred Manning, Warner Faurey and Pat Treadaway, and Doushtka Thack and Jim Hutto.

Sigma Nu's Party

Some of the Sigma Nu's and their dates celebrating the homecoming victory at a post-game party were Bob Pitts and Carol Brandenburg, Jimmy Usher and Susan Palmer, David Neilson and Janice Palmer, Don Richardson and Betty Ann Nelson, Grope Garner and Betty Ann Porter, Jack Floyd and Lee DeLoach, Joe Steen and Sally Read, David Coates and Frances Hudson, Alec Lazarino and Makie Griffin and Mac Davis and Ann Hodges.

Phi Kap Party

Jefferson Hotel . . . after the game . . . some of the people there . . . Bill Swald and Betty Whittle, Bill Stathias and Mary Ellen Long and Marshall Cain and Sybil Anderson.

More Homecoming Festivities

This time the Pi Kappa Phi's . . . at the Lexington Armory . . . Buddy Kennedy and Connie Grantham, Yancey Montgomery and Nancy Warriner, Jack Rogers and Ada Marion Hunter, Fred Powe and Eleanor Townsend and Benny Dusenbury and Barbara Hardwick.

The Pi Kap's recently elected Benny Dusenbury their secretary to fill the vacancy created by the resignation of Bill Collins.

And The Phi Sigma Kappa's Party

Still more who celebrated the homecoming victory were Marshall Shytle and Sybil Azarkowitz, Tom Bragg and Lou Mellette, George Meinert and Ann Shepherd, Jim Burke and Sandra Perry, Don Fowler and Mary Moore, Steve Whitley and Ann Moore, Tom Mahoney and Rudy Anderson, O'Neal Pittman and Ann Anderson, Danny Bacot and Janice Sugh, Milton Singley and Laurie Platt, Ned Borde and Jackie Leverette, Jack Hodge and Peggy Stogen and Alums Jack McConnell with Pat Thomas and Russell Edwards with Lolie Lynch.

And Still There Were Parties . . .

Among the Lambda Chi's and their dates partying at the Syrian-Lebanon Club after the Homecoming game were Wayne Rush and Faye Hinson, Zeke Tolly and Janice Kay of Columbia College, Gary Rhindsmith and Lillian Beaver, Tommy Beck and Liz McKibben, John Gibson and Myrna Hutto, Hal Lefferts and Gloria Baker, Don Brannon and Gloria Walters, George Fulmer and Marsha Nolin, Delance Poston and Carolyn Nooney, David Simpson and Norma Burnett and Wilton Auman and June Rhodes.

Tri Deltas Have Pre-Holiday Party

Tri Delt entertained Nov. 20 at the Woman's Club. Among those enjoying the merriment were Mary Ann Snowden and Frank Calcott, Evelyn Buchanan and Jimmy Rogers, Betty Ann Barrett and Francis Pinckney, Helen Mauldin and Allan Mustard, Patsy Mellette and Lawrence Curry, Eleanor Cain and Ed Mullins, Molly Atrial and Marvin Dukes, Vee Vee Smith and Bob Shell of The Citadel, Thorne Satterlee and Dave Rembert, Sally Heyward and Knox Haynesworth, Coles Cathcart and Sammy Crawford, Priscilla Norris and Henry Fair and Augusta Mason and King Dixon.

Drop-In

Delta Zeta had a sweater raffle and had a drop-in for the drawing. Frances Kennedy was the lucky winner of the cashmere sweater. Some of the people enjoying the refreshments were Mary Duke and Jimmie Martin, Miff Fischer, Bob Hayes, John Murphy, Ginny Arnold, Betty Farmer, Jack Atkins, Ronny Toller, Bob Anderson, Kismet Lewis and Ann Foran.

Visitors . . .

Visitors to Columbia include Sigma Nu Alum who visited Ellen Hemphill over the holidays, and Larrie Bailey and Ernie Lashley, Phi Kap alums, Charles Hughes, John Jones, Sonny Hines and Bob Barkoot, Lambda Chi alums, recently paid the chapter a visit.

earned him plaudits from concert pianists Vladimir Horowitz and Artur Schnabel.

Most of all, Tatum will be missed because of his great ideas and conception, and Tatum had a heart as good and fine as his left hand. Tatum will be remembered as long as the spirit of fine jazz lives.

Guido Cantelli's untimely death last Saturday shocked the entire musical world. Cantelli was the Guest Conductor of the New York Philharmonic Symphony Orchestra for five years. He was an exponent of contemporary music, and under his baton, many works by composers such as Prokofiev,

Walton, and Piston received their premieres. Cantelli was the protégé of Maestro Arturo Toscanini who had accepted him virtually as a son. Cantelli was 36.

The Last Chorus: Mel Torme is scheduled to open at the Laurel Hill restaurant December 3. If you want to hear one of America's top flight vocalists, catch his show . . . Did you ever notice the similarity between "Lullabye of Birdland" and "Love Me or Leave Me." . . . Wonder if Elvis will record any Xmas music.

Record of the Week: "Ski Trails" with Jo Stafford, music to catch cold by.

THE TRUE, TERRIFYING STORY OF HITLER'S LAST FLAMING DAYS!

The answer to "The Century's Most Fascinating Mystery!"

Scenes that will burn into the memory of mankind!

"THE LAST 10 DAYS"

with ALBIN SKODA as HITLER

Feats: 1:05-3:05-5:05-7:10-9:10

TUESDAY and WED.

5 Points

Trumpet Player Intrigues Music Listener

By Bob Grosse
Special Writer

While cleaning out my desk several days ago, I came across a small, worn business card which said simply,

"Tom Davis Fixit Shop
Watches Expertly Repaired
Also Household Appliances."
And therein lies a story.

PART TIME PHOTOGRAPHER

Serious college man for part time work in photography. Experience not required. Must be available for assignment at Myrtle Beach next summer. Top pay. Phone SUset 7-2209 any evening.

I met Tom Davis one Friday night last fall at Columbia's Cabana Club. Tom was the trumpet player in a three-piece combo consisting of piano, drums, and horn. Several other local musicians had come in earlier and joined the trio on the stand. They were all blowing well, good tunes, good solos, and the type of ensemble riffs that only experienced men could play well together. These men were old musically; their smooth, relaxed ballad-work proved that. Yet, they were exciting, very exciting.

My attention was especially drawn to the trumpet player. An older man than the others, he was well-built with his solid shoulders sagging gently with the press of approaching middle age. His hair was silver-grey at the temples; I would estimate his age as about 40. He was quieter than the rest, and when he raised his horn, he spoke calmly and decisively. His playing was mature; with obvious technical skill, he controlled his volume from a tender pianissimo to a room-filling forte. His tone was big and full and pretty. He put a foundation under the entire

group with his carefully-constructed solos and supporting ensemble work. There were no technical fireworks, no brain hemorrhaging high notes, just sound professional playing. This I thought to myself, is a real musician.

Band Intermission

The band broke to take a brief intermission. We followed them back to the kitchen where the boys sat planning the next set and swapping stories and small talk. I singled out Tom and asked how long he had been playing.

"I started when I was 12 years old back in Detroit," he answered. "That was back in the thirties." "I played with my first band in 1935 and I have been playing ever since," Tom said, collecting his thoughts.

I questioned him, "Whose bands did you play in?"

"Well, I worked with several groups in Detroit for a couple of years. I went to Chicago to work with the Cecile Dee band and I was with him until '42." Tom went on to name several more bands which have since been long

forgotten, but which in the palmy days before the war were the laboratories and proving grounds of hundreds of musicians; these were the minor leagues of jazz, the traveling bands which dotted the country, each with its own devoted local following. These were the bands in which men like Tom Davis worked the long road trips, the interminable one-nighters with their second class hotels and third class food, never enough sleep, and yet never enough playing. They folded, of course, when the war drafted their men into the service or into more lucrative defense work.

Work Varied

Tom worked in another band during this period, a band which was not obscure at all, the big band of Louis Armstrong. Tom was with "Satchmo" during 1942 and 1943.

I had learned from the combo's drummer that Tom had been with the great Duke Ellington band for a while. I asked him about this.

"Yes," he confessed modestly, "I was with the Duke in '46 and '47. I filled in for Cat Anderson for about three months when he was sick."

Tom refused to say anything about the remarkable feat of "filling in for Cat Anderson" than to comment admiringly, "It was a very fine band." Those who know anything about Duke Ellington's orchestra will recall that Cat Anderson has been the Duke's No. 1 trumpet man for many, many years and that Anderson is one of the most highly regarded men in the music business. I also learned that Ellington has called Tom back several times, but Tom declined to go.

It was almost time for the boys to go back on the stand. "Tom," I asked, "Why didn't you keep playing steadily?"

Tom looked at me wistfully and said, "No, playing isn't any good anymore. I just play for kicks. I can't make any money. But I have a watch repair shop; if you ever need your watch fixed, come see me. Here's my card."

At this time, the world of music is mourning the passing of two very great contributors to its well-being, Art Tatum and Guido Cantelli.

Art Tatum, who passed away earlier this month, was the pianist's pianist, a very meaningful phrase in Tatum's case. He has influenced more pianists than anyone since Scott Joplin. An innovator in jazz, Tatum's disciples include Earle Garner, Billy Taylor, and Dave Brubeck among others. His phenomenal technical skill

Wright Johnston 1330 MAIN ST.

Formal Wear For Rent

Men's Clothing, Shoes and Furnishings

ARROW CLEANERS

1 Block from U. S. C.

1209 Gervais

1631 Gervais

Quality Always

3-Hour Cleaning

1-Day Laundry

Press While-U-Wait

2-DAY REGULAR SERVICE

Suits 1-Day Service \$.90



New! Yardley Shower Shampoo for men

- designed especially for the texture of men's hair
- lathers luxuriously, rinses quickly
- leaves hair clean, lustrous, easy to manage
- hangs up in shower . . . sports hinged loss-proof cap

Handiest new way to wash your hair! At your campus store, \$1

Yardley products for America are created in England and finished in the U.S.A. from the original English formulae, combining imported and domestic ingredients. Yardley of London, Inc., 620 Fifth Ave., N.Y.C.