

\$100 GIVEN FOR ESSAY

"International Arbitration" Is Subject. Any Undergraduate Man May Compete.

For the best essay on "International Arbitration" submitted to "The Lake Mohonk Conference on International Arbitration" by any undergraduate man student of any college or university in the United States and Canada, a prize of \$100 will be given. All manuscripts must be received by the secretary of the organization, H. C. Phillips, not later than March 15, 1916.

Mr. Phillips' address will be, until December 1, 1915, Monhonk Lake, New York. After this date, 3531 Fourteenth Street, . W., Washington, D. C.

Essays must not exceed 5000 words and must be typewritten. They must bear a non de plume or sign which should be included in a letter giving the writer's name, class, college and home address.

Chester Dewitt Pugsley, Harvard, '09, and now of New York, is the donor of the prize.

Last year there were sixty-four essays submitted, the winning being written by Robert Brown of the University of Arkansas.

Full information may be obtained from Mr. Phillips, secretary of "The Lake Mohonk Conference on International Arbitration."

ANNOUNCEMENT

The mission committee of the Y. M. C. A. will meet on Monday at 5 o'clock in the Y. M. C. A. office.

OREGANA "REDACTEUR" ANNOUNCES 'REDACTORATE'

The reorganized staff of the Oregana for the present year is as follows:

- Milton A. Stoddard...Editor-in-chief
- Ernest Watkins...Business Manager
- Alexander Bowen...Assistant Editor
- Bernice Lucas...Assistant Editor
- Edison Marshall...Oremaniac
- Howard Hall...Art
- Leo Malarkey...Athletics
- Louise Allen...Classes
- Martha Beer...Dramatics
- Nicholas Jaureguy...Forensics
- Helen Johns...Publications
- Clinton Thienes...Administration
- George Colton...Fraternities
- Echo Zahl...Women's Activities
- Margaret Spangler...Music
- Emmett Rathbun...Asst. Manager
- Howard McCulloch...Asst. Manager
- Robert McMurray...Circulation

Auxiliate

- DeWitt Gilbert, Jo Tominaga, Chester Fee, Adrienne Epping, James Cellars, Grace Edgington, Henry Howe, Harold Newton, Mrs. Rosalind Bates, Mandell Weiss, Roberta Killam, Al Bowles.

Columbia university played their first game of football Saturday since 1905, beating St. Lawrence university 57 to 0.

HOME SCIENCE CLUB ISSUES STUDENT MENUS

The following is the first of a series of suggested menus for students which the home science club will issue from time to time. The committee who compiled the menus listed below includes, Mrs. F. M. Day, president, and Mrs. F. M. Carter, vice president. Other members of the club are, Mrs. Fred Smith, Mrs. E. J. Frazier, Mrs. Claude Rorer, Mrs. J. M. Miller, Miss Nettie Chase, Miss Gilkinson and Mrs. R. T. Burnett.

"A factor of undamental importance in the life of students is attractive, satisfying food. Incorrect food habits constitute one of the common causes of inertia, both mental and physical. Definite information regarding well-balanced rations is not easily obtainable.

"Mental work is apt to interfere to some extent, with the vigor of digestion. Close mental application ithin an hours after a heavy meal is inadvisable, if not impossible. So breakfasts and luncheons should be

composed of easily digested foods, preferably begun with an appetizer, which contributes to the food value of the meal in a very heathful way. Oranges, grapefruit, and baked apple play such a role in the dietary.

"Cereals taste better and are more digestible if cooked from 30 minutes to an hour, corn-meal mush is delicious if cooked five or six hours. Toast is more digestible than bread or muffins, especially as these latter bread-stuffs are often insufficiently backed and served too immediately after cooking.

"Cooffe (and tea) should never be boiled. Caffeine is insoluble below the boiling point. In making coffee allow one tablespoonful, level, for each cup, add cold water, gradually, bring to a temperature just below the boiling point; this requires about 30 minutes.

"Less variety is needed in breakfasts than in the other means. There is a strong and unobjectionable tendency to have practically the same breakfasts every morning.

One of the most satisfactory lunch-eon dishes is a cream soup, as cream of celery, potato, or corn, or tomato bisque. Cream soups are more nutritious and satisfying than clear soups, which are more appropriately used for dinner.

"One cause for the superiority of French cooking over American is that American are prone to over-cook meats, and undercook vegetables and cereals. Thorough cooking renders vegetables and cereals more digestible and improves the flavor, but renders meat less digestible, though more appetizing and safer, heat sterilizing it.

"Often fruit salads serve as a welcome substitute for pies, puddings, cakes, etc. And frequently interfere less with evening studying. Over-indulgence in sweets often causes colds."

Suggestive Menus

TUESDAY

Breakfast—Orange, cornmeal mush (cooked over night), graham gems, coffee.

Luncheon—Vegetable soup, gin-

gerbread, fresh fruit.

Dinner—Baked tongue, tomato sauce; steamed potatoes, turnips, apple and celery salad, cheese, coffee.

WEDNESDAY

Breakfast—Baked apples, oatmeal, toast, cocoa.

Luncheon—Cream-of-celery soup, sliced tomatoes, bread-and-butter sandwiches, baked custard.

Dinner—Veal, paprika sauce, baked potatoes, head lettuce, French dressing; apple pie, coffee.

Recipe for Veal with Paprika Sauce—Use the round of veal, cut one inch thick; pound in as much flour as the veal will take up; season with paprika; sear on both sides in hot greased skillet; pour in milk to just cover; simmer over moderate fire 45 minutes; salt to taste, five minutes before serving.

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Mr. and Mrs. A. Van Roosendael

ANNOUNCEMENT

Mr. and Mrs. A. van Roosendael, recently of Belgium, winners of the professional dancing contest at the San Francisco exposition held in July, have returned to Eugene and are forming private classes for students of the University in the latest standardized dances, including the one-step, forx trot, canter waltz and Balboa.

Strong testimonials of both character and ability have been brought to President Campbell by Mr. van Roosendael, which give full confidence in the character of the instruction which is being offered. He is also most favorably impressed by the personality of both Mr. and Mrs. van Roosendael.

Classes will start on Monday, Tuesday, Wednesday and Friday, from 4:15 to 5:45, in Folly hall.

One set of five lessons for 25 cents. Classes will be started Monday, November 1.

For further information, see A. van Roosendael, 761 Twelfth avenue east. Phone 1001-J. Adv.



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