

FOOD IMPROVED EXPERT THINKS

Simpler Types and Shorter Menus Better Balance

STANDARD PRODUCTS AID

Miss Tingle Contrasts Old And New Methods

The food of today has become more healthful than that of a generation or two ago, according to Miss Lillian Tingle, head of the department of household arts, due to the aid of standard products, improved equipment, temperature control and exact recipes. Formerly there was a long apprenticeship in the art of cookery. Taste and judgment had to be formed by hard bought experience but in the modern kitchen with accurate directions as to methods, time and temperature, there is more science if less individuality.

"What noticeable changes in the type of food are there now?" she was asked.

"Well," she sat up interestedly, "For one thing it is much simpler. Menus are shorter and better balanced. There is a tendency toward more vegetables and less meat, to smaller and choicer dishes rather than heavy dishes and to many of them."

"The biggest difference," she continued, "is in the increased use of uncooked foods, especially salads. Salads appeal particularly to women perhaps because they are more like millinery than cookery."

Walking over to one of the book-cases which lined two sides of the small room, she drew out a tiny, brown book.

"This," she explained, "is an 18th century cookbook. In it are some interesting examples of the menus of those days. I fear they would rather startle the people of today."

One of the astonishing menus consisted of soup, several kinds of fish, ox tongue, turkey, young swan, venison, chickens, pheasants, custards, molded brawn in jelly, candied fruits, tarts, fancy creams and lobsters, all in one dreadful meal.

The menu of today, she pointed out, tends toward increasing simplicity, fewer dishes, a more orderly sequence, better balance, smaller quantities and less meat. This is probably due partly to popular education in elementary dietetics, partly to increased cost of food and lack of domestic help, and partly to the trend of fashion.

"King Edward began the simplification of the fashionable menu in England," said Miss Tingle, "and the increasing rush of modern life together with the universal feminine desire for slimmness has done the rest. An entire modern, formal dinner often contains fewer dishes than one course in the massive menus of our grandparent."

LUNCHEONS PLANNED BY SPORTS WRITERS

The Sports Writers association of University of Oregon will have its next luncheon at the College Side Inn tomorrow noon at which time Carl Onthank, executive secretary of the University; Walter Malcolm, president of the student body; Ken Stephenson, chairman of the finance committee; Mack Benefiel, graduate manager; Curley Lawrence, publicity director for the University; and Bob Love, member of the finance committee, will be guests.

This will be the second luncheon of the sports writers and from this week on they will hold one every Wednesday, at which time distinguished personages will be invited to speak to the scribes and to get acquainted with them. A get-together party and dance with the sports writers and the Order of the "O" combining is planned for the near future.

Oregon Team to Meet Stanford Saturday On Gridiron at Palo Alto

(Continued from page one)
urday's game was not as large as the fierceness of the contest would usually make. Gene Shields will be unable to do much work this week because of a broken nose. Beryl Hodgen sustained a severe sprain in his ankle, and will probably be out for the Stanford game. Bert Kerns will be out for two weeks with a broken rib. His absence will necessitate some hard work by his successor. Francis Quinn, super-varsity guard sustained a broken rib in practice last night. Louie Anderson suffered a sprained leg, but is able to run signals.

EDITOR'S VISIT POSTPONED
Riley H. Allen, editor of the Honolulu Star Bulletin, and Mrs.

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Allen, who were to have reached Eugene Wednesday, will not leave Seattle until October 31. This will bring them to the campus about November 2nd. The trip has been postponed because of the illness of Mrs. Allen.

DISPENSARY READY TO MOVE QUARTERS

The dispensary, which at present is at the infirmary, will move to its new quarters in the old journalism shack between Friendly Hall and the present Journalism building, either today or tomorrow, according to Dr. F. N. Miller. Dr. Miller, Dr. Del C. Stanard, eye, ear, nose and throat specialists, and Dr. Wilmoth Osborne, will have their offices here and all students are to report to the dispensary for treatment, except in cases of an emergency.

Dr. Stanard, an Oregon graduate and member of the medical staff staff last year, will be on the cam-

pus from 8:00 to 9:00 this year rather than at 1:30 to 2:30 p. m. as previously. Mrs. Donald Barnes, will again take care of the nursing work, while Marie Strube, senior in the school of medicine, will be laboratory technician. Mrs. Barnes urges that students report before noon when possible, in order to avoid long waits in the afternoon when many come in.

H. S. SENIORS ENTERTAINED
The seniors of University High were entertained by the juniors with a banquet followed by theatre party at the Hellig last Saturday night.

Modern Poets React Against Old Customs According to Teacher

(Continued from page one)
villanells; and gain knowledge and appreciation of the lovely and deathless poems of other ages. Students will also make a study of

verse forms of the past, distinguishing between blank and free verse to determine which forms are best suited to certain moods of expression. Theory of rhythm and tone color will also be studied. In general the principal purpose of the course will be to give students creative experience in writing.

In discussing modern poets Mrs. Ernst declared: "I admire the strength and imagery of Carl Sandburg, his live version of cities in which he lived. I am an admirer of Amy Lowell. Her translations of French poets express the spirit of the poems beautifully, but they do not follow the exact forms of the French poets."

The somber genius of Edgar Lee

Masters is an interesting aspect of modern thought; the pessimism, the doubt and the seeking for some others do, however, he is rather too gloomy," Mrs. Ernst admitted. "I do enjoy Robert Frost's expression

of the sectional movement. My favorite, though, is E. H. Robinson who, I think, has much strength and versatility, yet has a sense of beauty, which is a rare and fine combination."

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