

### Lt. Kepler Prepares Booklet on Hiking

"Aviator vs Nature," a printed manual on hiking which is to be distributed to the four Pre-Flight Schools, is being prepared by Lieut. George D. Kepler, who is in charge of hiking at this station.

Requested by Comdr. Tom Hamilton, head of naval aviation's physical fitness program, the booklet, when finished, will be invaluable to the cadets in their Pre-Flight work here as well as aiding them in their future service with the Navy.

Thus far six of the proposed 12 chapters have been completed. They include detail information on general hiking, snakes, finding directions, emergency foods, how to build fires without matches, and how to trap and snare game.

Other chapters in the book will include how to live in the open, how to build a lean-to, and other phases of hiking.

"We have found out that hiking is one of the greatest conditioners in the world," Lieut. Kepler stated. "A booklet such as this one will make it more interesting to the cadet, and teach him some basic fundamentals that will always be useful to him."

Commenting on hiking in the Pre-Flight program, Lieut. Kepler pointed out that it takes a new group of cadets around two hours to travel four or five miles while a group with three or four weeks conditioning can cover the same distance in an hour. Before they finish their hiking they travel about six miles an hour, he added.

### CANTEEN

(Continued from page 2)

a few copies of a work entitled, "How to Make a High Grade on Your Induction Test." Also selling slowly is "How to Get a Commission in the Army, Navy, Marine Corps or Coast Guard." It is believed that its author was recently inducted as a private in the Army. Conspicuous by its absence is the standard favorite, "How to Win Friends, etc.," suggested by several cadets for use by the Marines.

Razor blades, tobacco, pipes, cigarettes and other "essential luxuries" are sold in quantity at a slightly reduced price. Stationery and inexpensive jewelry, designed to make the heart of the girl back home grow fonder in absence, sell rapidly, especially during the days immediately following the pay call.

Convenient and efficiently-operated, the canteen has become an institution for the cadets and other Pre-Flight personnel. Lieut. Don Kepler is the officer in charge. W. S. Kutz, veteran Chapel Hill business man, assisted in the establishment of the canteen, and performs the duties of manager.

Root-a-toot-toot!  
Root-a-toot-toot!  
Come try the  
drink that's  
made from fruit!

★

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Ade

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It tastes so  
good and cools  
you too—And  
real fruit juice is  
good for you!

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a real "ade" made  
from real fruit

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### Know the Enemy's Planes

JAPANESE NAVY 98 "S" FIGHTER

As the nineteenth in its series of silhouettes of enemy planes, the Aeronautical Chamber of Commerce of America presents here the Japanese 98 "S" navy fighter, a plane which bears a resemblance to an American model which was sold to Russia some years ago. It is a low-wing monoplane with a slight dihedral, semi-retractable landing gear and a fin which comes practically to the rear of the cabin. The taper on the leading edge of the wing is negligible, the trailing edge forming part of an ellipse. The leading edge of the tail surfaces is tapered, and the trailing edge of the elevators are rounded.

### Tar Heels Favored Over Wolfpack

By WESTY FENHAGEN  
DTH Sports Editor

RALEIGH, Oct. 31—A thrilling battle should be in prospect for Homecoming Day fans here today when the University of North Carolina Tar Heels engage their hosts, the North Carolina State Wolfpack in a renewal of the annual series which has provided many thrills in the past. On the basis of their fine record, the Tar Heels will enter the game as slight favorites but the Wolfpack, bouncing back after a 28-0 shellacking at the hands of Holy Cross last Saturday, will be more than ready to upset the dope.

Chances for a Tar Heel triumph were considerably dampened by the announcement that co-captains Joe Austin, senior wingback, and Tank Marshall, veteran guard, would see only very limited service due to injuries sustained in the clash with Tulane last week.

To fill the two vacancies, Tatum has moved veteran fullback Clay Croom up into the first string wingback post and Andy Karres, brilliant sophomore who has been turning in excellent performances this season as Marshall's understudy, will hold down the guard spot most of the time. The running and pass catching ability of Austin, who scored both touchdowns against Duquesne two weeks ago, will be sorely missed but the Tar Heel squad is determined to gain revenge on the Wolfpack. State won last year's game in a surprising upset, 13-7, for their first win over Carolina in some years and the Tar Heels are more than anxious to get fully repaid for that defeat.

Considerable interest has been added to the game today by the intense rivalry which the two institutions have between each other and which has been showing itself in incidents over the past several weeks. Several State buildings have been lavishly painted up and the Carolina mascot, Rameses, after being stolen and kept for over a week by State students has finally been returned to the Tar Heel campus, an incident which almost resulted in the cancelling of the game earlier in the week.

Pre-Flight Jewelry  
at  
Ledbetter-Pickard

### Supervised Play Available to Navy Children

Supervised play for the children of Navy wives is now available at three University sororities.

Navy wives may leave their children at Chi Omega, 409 E. Franklin, on Tuesdays between 2:00 and 5:00 p. m.; at Pi Beta Phi, 109 Hillsboro, on Wednesdays between 2:00 and 5:00 p. m.; and at Alpha Delta Pi, 229 E. Franklin, on Thursdays at the same hours. A daily charge of 25c per child is made to pay for play equipment. Any surplus that may accumulate will be given to the American Red Cross and Navy Relief Society.

The committee in charge of this supervised play program consists of Mrs. Benjamin Micou, Mrs. James Crowley, and Mrs. W. R. Berryhill.

### Personnel Officer Named

Lt. (jg) John J. Waybright has been appointed to head a newly formed Personnel Office which is located in Room 105, Alexander Hall, former headquarters of the CLOUDBUSTER. The new home of the CLOUDBUSTER is Room 218, Alexander.

Lt. Waybright is a graduate of the Naval Academy, Class of 1934.

I'm sittin' pretty:  
eatin'  
hearty  
at

The "sweetest" man in Chapel Hill.

- APPLE CIDER
- VIENNESE COFFEE
- HOT CHOCOLATE
- ALL KINDS OF DELICIOUS SANDWICHES

Danziger's Candy  
Shop

### TRAINING TIPS

#### Second Wind

By LIEUT. ROLAND F. LOGAN  
Head Trainer

"Second wind" has nothing to do with wind. "Second wind" is the re-establishment of equilibrium between the production of waste material and its elimination.

When the breathing of fresh oxygen overcomes the carbon-dioxide produced by the breakdown of the tissue, second wind has been reached—distress disappears, the lungs regain fresh power to expand, the head becomes clearer and the muscles act with renewed vigor and elasticity.

Long and proper warmups are essential in early establishment of "second wind" in any activity. Its appearance varies with individuals, depending upon the physical condition of the athlete. Take plenty of time in warming up, by gradually increasing your speed, tempo and distance. Many athletes, before an activity, take such an extensive warmup that they establish "second wind" before the contest begins. This not only eliminates the mental and physical depressing period just prior and during "second wind," but puts the body in top form, thus

minimizing the possibility of pulled muscles and tendons.

### St. Mary's Still Unbeaten

Of the five top-flight Navy football teams in the nation, only the California Pre-Flight School at St. Mary's remains undefeated. Last Saturday, the strong Georgia Pre-Flight Skyrackers were knocked out of the undefeated class by L.S.U. and the week before the North Carolina Cloudbusters dropped a 6 to 7 decision to Boston College and the Iowa Skyhawks were beaten by Notre Dame.

This week the Iowans take on Indiana, the Skyrackers meet the Jacksonville Navy, the Cloudbusters meet Syracuse and the Californians clash with Washington State.

The Iowa and California squads were idle last week while the North Carolina aggregation was beating Temple, 34 to 0, and was beating Temple, 34 to 0, and the Skyrackers were bowing to L.S.U., 0 to 34.

CAROLINA

TODAY

"don't  
blame me  
for what  
happened...  
it happens  
in the  
best of  
families!"

BETTE  
DAVIS·HENREID

WARNER BROS.  
TRIUMPH

"Now,  
Voyager"

A HAL B. WALLIS  
PRODUCTION

with CLAUDE RAINS · GLADYS COOPER  
JONITA GRANVILLE · ILKA CHASE · Directed by IRVING RAPPER  
—Also—  
LATEST NEWS EVENTS

SUNDAY—MONDAY

ERROL FLYNN AND RONALD REAGAN

DESPERATE JOURNEY

Lead a Commando raid  
to the heart of Berlin  
and Back! IT'S  
TERRIFIC!

COURAGE  
BEYOND  
COMPARE!

AN  
ADVENTURE  
WITHOUT  
AN EQUAL!

WARNER BROS.  
STIRRING HIT!

Nancy Coleman  
Raymond Massey  
ALAN HALE · ARTHUR KENNEDY  
—Also—  
LATEST NEWS

—Tuesday—  
ALLAN JONES  
in  
"Moonlight in Havana"

JANE FRAZEE  
in  
"Eyes in the Night"

—Wednesday-Thursday—  
EDWARD ARNOLD  
ANN HARDING  
in  
"FOREST RANGER"

—Friday-Saturday—  
PAULETTE GODDARD—FRED MacMURRAY  
in  
"FOREST RANGER"

### FOWLER'S FOOD STORE

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