

Summerell, Hill, And Cole Will Graduate In January

While students are dusting off the tops of their books to begin studying for exams, Weezie Hill, Carole Cole, and Anne Summerell will be thinking about next semester—not in college, but beyond the ivy walls. While the students of Salem College begin another semester of classes, dating and nightly bridge sessions, Weezie will be deciding what sort of reception to have, what style her bridesmaid dresses will be and what her own white dress will be like; Anne and Carole will be going to classes in the opposite role they have known for the past sixteen years as students, for now the blackboard will be behind them instead of in front of them; they will be official grad-

uates of Salem College. Weezie Hill is planning to get married; her fiancé is Layton Gunter. She says that after their marriage he plans to go in the Armed Forces—and Weezie will go with him. After he finishes his service, they plan to live in the state if possible — “somewhere that they have civil engineers,” so Weezie says. The wedding is planned for May 30 (Layton graduates on the 24th). Until then, Weezie plans to give part-time assistance for one of the case workers at the Welfare Department.

Carole Cole plans to work—but as a teacher. She wants to teach—or get a job as a director of religion in grammar school—the fifth grade religious education in the Moravian Church. Since Carole lost some credits in transferring from Pfeiffer College (and she also had to go to school for an extra semester to get a teaching certificate), she will finish at the end of this semester.

Anne Summerell will also be teaching—in Landowne, Pennsylvania. She will be teaching the first grade the rest of this year and the second grade next year. Anne says that the classrooms are very small (22 pupils, average) but they are well equipped. She commented that the town is quite small and purely residential. There is no industry here so most of the people commute to jobs in Philadelphia. She will be living with a family in Landowne.

Anne says that when she went there, the people constantly laughed over her making two-syllable words out of a one-syllable word. She had to repeat practically everything she said. Anne added that one of the boys at a party asked her to say: “Bright lights at night in Nashville, Tennessee.” He was quite surprised when she didn't say, “Brite lites at nite!”

Anne, though will be back in June to graduate “with the flock.” She gets a leave to come back to Winston. Since she has finished all her requirements, she will start teaching right away.

Volleyball

For volleyball enthusiasts, both players and spectators, the time is here—or will be on Monday, January 19, at 4:45 p.m. This is the first day of the annual Volleyball Tournament, to be played between the Ivyettes and Brickettes.

One of the new rules which is now in effect is that there can be no more than six players on a team. In order that more people will be able to play, Mary Thaeler, the volleyball chairman, has said that there will be at least two teams from each sister team. She emphatically stated that to be on a team, a player must attend at least five practices.

If you want to play in the game, if you are a cheerleader, or if you want to sit in the stands and help Miss Palmer and Miss Gentry referee, get your room-mate and come down to the gym Monday at 4:45 to support your team.

Salemmites Fight Against Tuberculosis

The Forsyth Tuberculosis and Health Association wishes to thank the students of Salem College for their generous contribution to the 1958 Christmas Seal Sale. A total of \$98.71 was received, in addition to the contributions of the faculty which were sent in through the regular mail sale.

We are grateful to the sponsoring group, the students, and faculty for your support of our program of health education, X-ray service, services for patients, and research in the Fight Against Tuberculosis.

Salemmites Prove Undernourished

	Freshmen	Sophomores	Juniors	Seniors	Requirement
Calories	2,031.00	1,548.00	1,510.71	1,356.31	2,400

The questionnaire, concerning the daily food intake, made in chapel on December 18th was answered by approximately 50% of the Student Body. The final results can not be completely accurate because the food eaten was given by individual estimates not weight, and nutritional calculations are based on weight measurements. However, the following tabulations will be beneficial to those students wishing to learn what an average Salem student needs in diet improvement.

Of the individual nutritional requirements it was found that students varied greatly in their daily consumption. 75 gm. of Protein are required daily. Juniors ate 85.09 gm. and the Sophomores fell to 46.00 gm. 1.3 gm. of calcium are normally required for the important bone growth in teeth, but only the Juniors equalled this amount, while gm. of iron are required for general vitality. Only the Freshman came close to this amount with 12.1 gms., while the Seniors consumed only 6.79 mg. 5000 U.I. of Vitamin A are required daily. All the classes ate over this amount, except the Sophomores, who took in only 1828 I. U. In their consumption of Thiamine, Riboflavin, Niacin, and Ascorbic Acid, the Freshmen went well over the requirement, while the Seniors, Juniors, and Sophomores failed to meet any of the necessary amounts for body growth and general health.

Some conclusions drawn from the

study are:
1. The freshmen, whose answers indicated that they ate most all the food offered in the dining room, have the most nearly balanced diet.
2. Calculations from individual questionnaires further proved that the daily nutritional requirements recommended by the N. R. C. can be met in the dining room. As the above tables indicate the average student is not taking advantage of the well balanced diet the dining room offers.

3. More milk should be consumed by Salem students. The minimum daily requirement is 1 qt. per person, while the average Salemite gets only 1.37 half pints of milk daily.
4. A high percentage of students do not eat breakfast. 36% of the student body reported that they eat nothing or only candy and cokes for breakfast. A balanced breakfast should supply about 33.3% of the total day's nutrients and about 25% of the total day's calories.

An important conclusion drawn was that many of the calories consumed were found in between-meal snacks, and not from the foods supplying a variety of essential nutrients.

SALEM COLLEGE CALENDAR 1959-60

- Sept. 11 Friday — Registration of special students.
- 12 Saturday — Registration of local non-college students for music lessons.
- 14 Monday — Freshmen begin Orientation program at 9:00 a.m.
- 17 Thursday—9:00-1:00 and 2:00-5:00 — Registration of Seniors, Juniors, Sophomores.
- 18 Friday — 11:00 a.m.—Formal Opening 1:30 p.m.—Classes begin
- Oct. 1 Thursday—Founders' Day
- Nov. 25 Wednesday — 12:30 p.m., Thanksgiving recess begins.
- 30 Monday — 8:30 a.m., Classes resume
- Dec. 19 Saturday — 11:40 a.m., Christmas vacation begins.
- Jan. 4 Monday—8:00 a.m., Classes resume
- 21 Thursday—Reading Day
- 22 Friday, thru Saturday, January 30 — First semester examinations.
- Feb. 1 Monday — 2:00-5:00 p.m., Registration
- 2 Tuesday — 8:00 a.m., Second semester begins
- Apr. 13 Wednesday — 12:30 p.m., Spring recess begins
- 19 Tuesday—8:00 a.m., Classes resume
- May 18 Wednesday — Reading Day
- 19 Thursday, thru Friday, May 27—Second semester examinations
- 28 Saturday—Alumnae Day
- 29 Sunday — Baccalaureate Sermon
- 30 Monday — Commencement.

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