ACP Awards Toreador Excellent Rating

Administration Votes Tech One Week Of Holidays Faculty Committee

Charles A. Guy Speaks Tuesday To Press Club

Petitions Now Circulating On Campus Asking More Time

Request Is Refused

DECISION of the Administrative council will stop all rumors and speculations in regard to length of the Christmas holidays. At the council's last meeting it was decided that no extension would be made to the Christmas vacation.

At the request of the faculty advisory committee for a longer Christmas vacation, the council discussed this question. Tech Women See Wacs At Work At Students also expressed a desire for a longer vacation period, and the question of heavy traffic at this holiday period was considered.

Institutional problems outweighed arguments for extension of the Christmas vacation, according to Touring South Plains Base

Touring South Plains Army Air Touring South Plains Army Air

Kappa Mu Epsilon

Initiates 22 New

Burton S. Burks

Textile Engineers Display

Betty Jane Morris Speaks At Physics Seminar Tuesday

Govenment Wants Senior For Federal Job

Recommendation Will To PA Institute

President Clifford B. Jones has Speaks To IRC

Annual Religious Week Begins Monday

Convocation Will For Fourth Year

Dr. Sam Joekel Is Principal Speaker; Vesper Rites Slated

Members Thursday

Dorm Dance To Be Tech-Woven Fabrics Here Saturday Night

Allen Counselor For Foreigners On Tech Campus

Engineering Exes Return To Campus For Short Visits

Professor Wiley Directs High School Band For Tech

Horne See Family In Dallas

Lo, A New Calendar Appeareth . . .

Lietenants Joe And Hugh

And A Great Council Legislatith All Rules

By VIRGINIA FORBES Toreador Staff Writer

Betty Jane Morris, junior physics steminar 411 on November 30. Miss Morris's subject will be including the principal speaker for physics seminar 411 on November 30. Miss Morris's subject will be "Color Blindness" The seminar will meet Tuesday at 7:36 p.m. in the physics department.

Sgf. Elmer Muskopf To Be Speaker At Theta Sig Meet

Sgt. Elmer J. Muskopf, will speak to Theta Sigma Phi mem speak to Theta Sigma Phi mem bers Thursday night on "Arrny Censorship" at the home of Mrs. J. G. Allen, 310 21st street. He is with the military science division on the campus.

Betty Jane Morris, junior physics seminar 411 on November at the principal species student, will be the principal species students of this datast cholege must be made to feel the war. They, they thought, would legislate feeling, And lo, they took and there was an about the calendar there was an about the calendar there was an and when they made out week. And it came to pass that a great how week. And it came to pass that a great how week. And the council stored the calendar there was and when they under the calendar there was and when they under the calendar there was an

Food Exhibit In Home Ec Building Stresses Saving

Home Canning Easy Way Of Preserving Foods In War-Time

Neville B. Graham Dies; Early Graduate Of Tech



Honors Received From Judgment Of 1942-43 Editions

Headlines, Make-Up Rated High Among Sections Judged

Extension Class Moved To Campus

Major Wilson Chapman



Tuesday, Nov. 30
Sans Souci patroness party, 4:20
p.m., Benson ranch.
Religious forum, 10 p.m., Women's

THE TOREADOR



Associated Collegiate Press

National Advertising Service, Inc.

BILL BARNETT

JOSIE LEE BARNETT

Associate Editor

Goods Fight For Freedom-

FROM 20 to 30 per cent of all food in the United States is wasted, according to a recent government bulletin. November has been designated by the government as "Food for Freedom" month in order to help consumers appreciate and respect the important place food holds in our total war program.

The food program as outlined by home economists is fourfold. First comes the production of more food and of the right varieties on our farms and victory gardens. Second, it includes the conservation of food by the avoidance of waste, by preserving fresh perishables, and by eating the right food, including substitutes. The other two points include the sharing of our nation's food with our own armed forces and with our allies through rationing, and playing square with all concerned by placing the war first and adjusting cheerfully to dietary changes. Techsans too often are inclined to think they can do little to either aid or hinder this food program. True, few students during the semester can be active in producing or preserving food. And we, who do not buy the food we eat at the grocer's are little concerned with point values and rationing. But we can do a great deal in helping conserve edibles. In the first place, it takes practically no effort to learn the elements of what constitutes a balanced diet. And we can follow the simple rules, thereby, not only keeping ourselves healthy, but also helping equalize food distribution. For example, if we eat an excess of starches (potatos and bread) to the neglect of green vegetables, we are unfairly taking some one else's share of starches, letting the vegetables waste, and neglecting our own bodily needs.

And the other important way Techsans, with the nation, can cooperate in our food program is by adjusting cheerfully to present food conditions.

How many of us leave portions of food uneaten on our plates? Almost all of us are guilty at one time or another. We

How many of us leave portions of food uneaten on our plates? Almost all of us are guilty at one time or another. We excuse ourselves by saying that the meal was not "fixed like it was at home." Really this attitude is silly. We never say we can not sleep because our beds are not "like the ones at home" or

are not here."

Almost all Techsans eat in public or semi-public places where the meals served are carefully balanced. So all we have to do to help our nation's food program is to eat what is set before us and smile. Simple, is it not?—E. H.

The material on page three of this issue has been contributed by members of the Home Economics club and Phi Upsilon Omicron in an effort to focus the attention of Texas Tech students on their own nutritional problems and to emphasize their responsibilities toward making food fight for freedom.



Hey Doc! Don't let that carrot fool ya. There's a balanced meal a cookin'.

Congratulations To Red Raiders . . .

Techsan Speaks

FOOTBALL season at Texas Tech has drawn to a close for the 18th consecutive year, with the worst record in the history of the school placed on the records. With four wins and six losses, the 1943 Red Raiders finished a down-hill season under the greatest of man-power handicaps.

Yet the editor wishes to pay triebute to this group of Techsans who faced all odds to keep the name of Texas Tech on the nation's football map, and who have accomplished much toward spreading favorable publicity for our school.

The Raiders this season were award in the ways of college football, yet they met each foe with that same grim determination to "fight' em hard and lick eme asy" that has characterized Tech teams for these many years. This season's team has done as much for the college as has any team playing in the Red and Black.

Students Lacking In Knowldge Of "Vitamins"

Inquiring Reporter Interviews Techsans On Week's Question

From.... 1



WE WELCOME YOU AND

YOUR FRIENDS

Excellent Food . . . Popular Prices

TECH CAFE

If It's Borden's--

-- It's Got To Be Good

Food Fights For Freedom!



Milk is one of the "BASIC 7". It is the most nearly complete food that we have. It contains vitamins for physical fitness; minerals, especially calcium and phosphorus for strong bones and teeth; protein for body building and repairing; carbohydrates and fats for energy.

Eat Your vitamins in the natural way for health's sake. Remember, health is vital for national defense.

NO RATION POINTS NEEDED

Borden's

EAT FRESH VEGETABLES

They Are Not Rationed

They Contain Needed Vitamins

There is an abundant supply of leafy, green, yellow, and other vegetables on the market today for you to choose from. In these days of food rationing, it's important to buy the foods that give you the most nourishment . . . the greatest health value for your money. It's important from your personal viewpoint, and important to Uncle Sam. Keeping physically fit is more than a personal matter in wartime; it's a patriotic duty. Government dietic authorities reccommend some food from each of the "Basic Seven" groups every day. Fresh vegetables are an important consideration in making a balanced diet.

VISIT YOUR NEAREST

Furr Foods

AND STOP AT THE VEGETABLE COUNTER

Clark's

Phi U, Home Ec Club Stress Food For Freedom Month

For Health...eat some food

from each group...every day!

Changes In Diets Proves Beneficial

War Alters College Student's Meals; Improvements Noted

Meals; Improvements Noted

If SOMEONE told you that the diet of the average American college boy had been changed materially by this war, you would probably all agree. However, if someone told you that this change was an improvement you might look doubtful. But consider the case of one boy's boarding house here in Lubbock. Before Pearl Harbor these boys, and typically American, leaned heavily toward a diet of meat, potatoes, and desserts—the richer they were the better they liked them. We do not mean that these foods don't have their place in the diet if used in moderation, but the boys ate them to the exclusion of the "protective" foods. What are the protective foods. What are the protective foods what are the protective foods. What are the protective foods of a least two of the following factors necessary for the promotion of better-thanaverage health: calcium, ascorbic acid (vitamin C), riboflavin and vitamin A.

The most evident change since

for the promotion of better-than average health: calcium, ascorbic acid (vitamin C), riboflavin and vitamin A.

December 7, vident change sires plate policy" followed by a surprising number of these college boys. Before this time the boys almost always let food on their plates, now seldom indeed does a tribulation of the favorite shift or dress is most always let food on their plates, now seldom indeed does as to food left on it to the kitchen with Another very evident change is in the eating of green and yellow vegetables both raw and cooked combination vegetable salld, score ned even a year ago as "rabbit acconsumption" is on its way to be coming a favorite. Carrots, once consumption" is on its way to be coming a favorite. Carrots, once some first of the died of these college boys. And milk sever before.

There are several probable reas more a voluntary part of the died of these college boys. And milk sever before.

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There are several probable reas more a voluntary part of the died of these college boys. And milk sever before that this particular boarding house take the voluntary before the county to cannot be provided the probable rease more and the same ones who the probable rease more and the same ones who the condition of the same ones who have the probable rease of the probable rease more and the same ones who the probable rease more and the same ones who have the probable rease of the probab

Clark's · Grocery

'Featuring Quality Foods'

No. I - Avenue V at 15th No. II - Col. Ave. at 23rd

HOW MUCH NUTRITION DO YOU KNOW?

What nutrients must be added to flour or bread if it is to be called enriched?
 Oranges, tomatoes, fresh raw cabbage are important in your diet. Which particular vitamin do they supply?
 Name three foods nutritionally equal to meat in

a meal.

4. Which meat has the highest thiamin value?

5. Is a raw egg more nutritious than a cooked one?

6. Is coffee with cream more harmful than black coffee?

7. What is the most important thing for a person on a reducing diet to watch?

8. Is between-meal-eating harmful?

9. Is grape juice reducing?

10. Are food dislikes inherited?

WHAT'S YOUR SCORE AGAINST FOOD WASTE?

WHAT'S YOUR SCORE AGAINST FOOD WASTE?

1. Estimates made from a garbage survey in 247 cities indicate that, if you are an average American you will toss away pounds of food each year.

55 125 225 355

2. Fifty million meals a day are served in public eating places. What's your guess as to the number of meals for soldiers the food scraped off the plates would make?

1,000,000 3,000,000 5,000,000

3. If manners prevent you from squeezing the juice out of your grapefruit rind, you miss out on an average of of juice.

1 to 3 tsps. 4 to 7 tsps. 8 to 11 tsps. 1-2 cup

4. If each of us left dabs of butter adding up to half an ounce a week, we wasted enough to supply our armies last year.

True False

last year.

True False

5. Vitamins can vanish and food won't show it?

True False

6. We wasted as much food in 1942 as we used for our armed forces and Lend-Lease.

True False

Answers to these quizzes on page four. (October "Consumers Guide")

BREAD IS BASIC

Eat two slices of Baldridge's ENRICHED SALLY ANN BREAD at each meal

For economical and substantial amounts of your daily requirements of:

VITAMIN BI

BALDRIDGE BAKERY

FOOD FIGHTS FOR FREEDOM

You can get your much needed vitamins and minerals from frozen vegetables all through the winter months.

Quick Freezing:

Preserves all nutrients, makes foods easier to prepare. Short cooking periods saves vitamins.

EAT Frosted Foods

"Better Buy BIRD'S EYE"

WWWWWWWWW

Home Front Test Is Here; Waste Food Is No More

By JO McDUFF Home Economics Student

Vitamins Valuable To Healthy Living

By LORENE LITTLE

By LORENE LITTLE

Home Economics Student

THE widespread advertising campaign concerning vitamins has caused the American public to be rather indiscriminate in its use of these really valuable nutrients. Americans are the largest per capita consumers of vitamin rich milk and milk products, eggs, green leafy vegetables, fresh fruits, lean meats, and whole grain products, we they spend great sums of money annually for vitamin "pills." What these people fail to realize is that vitamins are nutritional substances about by constantly poor dietary to be obtained from food, not things habits or to aid a natheristical con-

FOOD FIGHTS For Freedom



FOOD Fights for Freedom on every front! On the home front, fresh fruits and fresh vegetables play a most important part. In addition to their superior nutrition and health qualities, fresh fruits and vegetables require little or no critical materials for their distribution. They are economical and are ration free.

Let's make "Food Fights for Freedom" more than a slogan, let's make it an actual reality in every day living. You can do this by conserving food—by eating the right foods, a balanced daily diet which includes each of the Basic 7 Foods—by eating enough, but not too much—by substituting plentiful foods for those that are scarce. You get full food value when you eat fruits and vegetables FRESH.

Build war-time menus around fresh fruits and fresh vegetables—some raw and others quick-cooked. Never over-cook fresh fruits and vegetables as it destroys vitamins and minerals. For health and greatest eating enjoyment demand quality fresh fruits and fresh vegetables...

FANT FIGHTS for freedom

fresh-from Keith's

Identified at Home-Owned Independent Retail Stores LISTEN FOR THE WHISTLE
KEITH'S FRUIT EXPRESS
8:15 A.M. Mon.-Wed.-Fri.

LEAR A
SUNDAY SERENADE
1:00 P.M. SUNDAY STATION KGKO - 570 ON YOUR DIAL

Sophomores Hold | Coed's Corner Ceremonies At Hodge Podge

WELCOME STUDENTS

Can Serve You Best On Mondays and Tuesdays THOMPSON'S BARBER SHOP

Records

• Sheet Music

B. E. Adair

Music Co.

012 Main Next To Hilto

For the roommate's

CHRISTMAS

MONOGRAMMED

• Playing Cards



CAPTAIN CLENE says:

Your wardrobe will score a victory if it has been cleaned

VOGUE **CLEANERS**

Backward Dance Slated Saturday In Doak Hall

By Ellen Helm

IN THE past the Administrative council has been rather fair in granting students what they ask for in petitions. We are wondering if they will heed the petition asking for an extension of the Christmas holidays.

The reason, as we understand it, that the holidays were originally set to include only one week was so that summer school could start earlier. And when college officials discovered that sit was impractical to start the summer session as planned, they immediately changed that date. Now, most students agree that there is no purpose in not extending the holidays because that extension could not possibly postspone the beginning of summer school. Many students live several hundred miles from Lubbock and have very few opportunities to go home during the school year. To them the prospect of seven short days of holidays is not very appealing. It is only fair that the Administrative council should extend the holidays if a smittleient number of students sign the petition asking for this.

A soldier is a boy you hardly Even knew to speak to, Who, since he's gone away, you now Write several time a week to.

HITHER AND THITHER: Dan Young, ever the noble protector of the weak and frail, has re-cently been directing his efforts toward a certain men's club president from those nasty old Wrangler pledges . . . Doak hall

\$\$ Money to Loan \$\$
On Watches, Diamonds, Jewelry, Typewriters, or anything of
value

Gem Loan & Jewelry Co.

Tech Barber Shop

A Good Place To Trade

DIAL



CLIF COCANOUGHER Manager



39¢ a jar ARRID



Quiz Answers

HOW MUCH NUTRITION DO Party Thursday

YOU KNOW?

I. Thiamin, nicotinic acid and iron are required ingredients for "enriched" products. Calsium and riboflavin may also be added.

2. Ascorbic acid.

3. Cheese, eggs, nuts, dried beans and peas.

nutritions foods are chosen.

9. No.
10. No, except as family customs are transmitted.
WHAT'S YOUR SCORE AGAINST FOOD WASTE?

1. 225.
2. 3,000,000.
3. 4 to 7 tsps.
4. True.

Warren G. Furry of the Vega Alreraft corporation conferred Monday with Dean O. V. Adams of the division of engineering and H. F. Godeke, head professor of mechanical engineering.

The three discussed industrial scholarships for Vega employees, engineering curricula and other matters relating to the proposed scholarships.

ENJOY

CLOVERLAKE ICE CREAM

Cloverlake Dairy Store 1210 Avenue Q

Attention Students

Take advantage of your deposit for holiday portraits

Daniel Studio

Dial 9551

1622 Broadway



FRANKLINS

1017 Broadway

AAUW Christmas WAC Recruiting

The AAUW Christmas party at 8 o'clock Thursday night in the gym will be for enlisted men who are stationed in Lubbock and their

Officer Heard

Theta Sigma Phi Sponsors Night Lieutenant Mary Frances Gold man of the Lubbock WAC recruit Club In Building

Commission In Novy Reserve
Frank Kerr McDaniel former
Techsan, graduated Nov. 17 from
he Naval Air Training center,
Sorpus Christi. He was commissoned an ensign in the Naval Reerve.
McDaniel, son of Mr. and
McDaniel of Savanded Toos.

SHOP AT --

BRYANT'S TAXI

Dial 5711 Dial

CLIF COCANOUGHER, Mgr.

The Shop Around The Corner On Main and Ave. J

Dress Up Holiday Teen



Holiday parties are already in full swing dress in a cheery new formal to set off an exciting evening solids and two-tone jerseys, satins and taffetas in pastel shades Sizes 10*20.

\$10.98 - \$19.98

