

# BLACK DRILLING CAGE SQUAD ON GAME DEFENSE

### Guarding Looks Better as Regulars Crimmage Against Frosh.

## PLAY MIZZOU SATURDAY

### Loss of All But One Letter Man Handicaps Last Year's Champs.

Coach Charley Black and his Cornhusker basketball squad began serious preparations Wednesday night for the conference opener with Missouri Saturday. The squad went through a long, hard workout in attempt to remedy the defects noticeable in the Brigham Young game the first of the week.

Black gave his regulars a rest Tuesday night, working the reserves, but threw the first five in for a long workout last night.

Practically the entire evening was spent in perfecting a defense. Koster, Hokuf and Stipsky were used in the guard positions with McClay at center and Davey, Fisher and Conklin alternating at the forwards.

### Frosh Attack.

A long scrimmage was held with Coach Brown's freshmen five, with the first year men taking the ball and trying to advance it through the Nebraska defense. If the defense of last night is any criterion, Missouri will find the Cornhusker team a stiff one to score against.

Missouri, conference champions of 1930 will bring ten men to Lincoln for the tilt Saturday. Only one man is left out of the team of last year. This man is Huhn, veteran center. Collins and Edmiston, lettermen, are ineligible for competition until the start of the second semester.

The game this Saturday, aside from being important in the conference standing, will show whether or not the Cornhuskers will be able to pull out of the losing streak which they have been in for the last five games. Nebraska, although not given much chance for the championship this year is sure to surprise several teams before the season closes.

## PHI MU TAKES BALL TILT FROM NE'EDS

### Greeks Eliminate Opponent In Fast Nebraska Game By 2-1 Score.

## PI PHI WINS BY FORFEIT

Phi Mu last night won a fast, hard fought Nebraska ball game from the Ne'eds by the score of 2 to 1. Alpha Delta Phi forfeited to the Pi Beta Phi team.

The schedule for tonight is: Sigma Kappa vs. Kappa Beta. Chi Omega vs. Alpha Xi Delta. Friday, Jan. 9, at 5 o'clock: Lambda Gamma vs. Kappa Kappa Gamma.

Kappa Alpha Theta vs. Gamma Phi Beta.

The winners of four leagues last night were eliminated from the women's bowling tournament. Of the four winning teams Chi Omega (1) and Gamma Phi Beta (1) bowled high scores. Chi Omega bowled 562 while Gamma Phi Beta chalked up 530 points. Their opponents, Kappa Phi (2) and Zeta Tau Alpha amassed 439 and 385 points respectively.

Alpha Phi (2) with a score of 382 won from its opponents, Delta Delta Delta, who had 359 points. Delta Zeta (1) with its score of 466 trounced the Lambda Gamma team, who had a score of 357.

League 14 was won by Sigma Kappa who had a total of 1178 points. Kappa Delta (2) was runner-up with a score of 1156 points.

The schedule for today at 5 o'clock is as follows: Pi Beta Phi (2) vs. Kappa Kappa Gamma (1).

Sigma Eta Chi vs. Alpha Phi (1).

Gamma Phi Beta (4) vs. Alpha Delta Phi (1).

Chi Omega (4) vs. Sigma Kappa.

## WRESTLERS WILL OPEN SEASON AGAINST IOWA

### Kellogg's Squad to Grapple With Hawkeye Team Friday.

## WON SECOND LAST YEAR

Coach John Kellogg's University of Nebraska wrestling squad, second place winner in Big Six competition last winter, will make its 1931 debut against the Iowa Hawkeyes Friday night at Iowa City.

Saturday night the Huskers will meet the Cornell college team at Mt. Vernon, Ia.

Three lettermen, Ardean Petersen, Ray Reese and Leon Robertson are slated for regular assignments while Jerry Adam, a 1930 squad member, will compete in the 175 pound division.

Grapplers scheduled to make the Iowa team are: Glenn Hoody, 135; Russell Lindskog, 125; Ray Larson, 135; Ray Reese, 145; Don Shirley, 155; Leon Robertson, 165; Jerry Adam, 175; and Ardean Petersen, heavyweight. The team will leave by auto Thursday noon.

C. H. Sargent gave a ten minute talk on "A Strain from the Highest Chord" at a chapel service at the university in 1901.

## The Benchwarmer by Craig

AN interesting thing happened during the course of the Nebraska-Brigham Young game the first of the week. With sixteen minutes of the first half played, the score was tied at 15 apiece. This information comes from Kobe Tomson who telephones the wise cracks up to the score keepers, so should be authentic.

Is Nebraska a first half school? Is it always going to happen that the teams will go fine the first half and then fizzle out before the completion of the game?

This question seems to have plenty of foundation and from all results so far this season, the Cornhusker athletic teams are rapidly building up a reputation for this weakness.

The game with Texas A. and M. was an exception but in most of the other games during the football season the Nebraska team lost its scoring punch during the final two periods.

In basketball so far this season, the court squad has started off with the same procedure and seems to lack the necessary punch in the closing moments of each game.

In the series with the Washington team Nebraska showed this failing—in one of the games holding a safe lead at half time. Against Brigham Young the squad went to pieces in the second half after holding the Mormons to a tie score at intermission time.

THIS second half let down may be due to several things but the most logical conclusion is lack of condition. A good team will outplay a team in poor condition during the latter part of a game when the pace begins to get too hot for the latter.

During the second half Monday night, the Brigham Young team seemed to speed up and play faster basketball but this was caused largely by the fact that Nebraska let down.

The only team that can win its games is the team that is in condition and can go out on the floor and play forty minutes of good, fast basketball. Then these losses by such a narrow margin might not occur.

ALL of this accusation may be entirely without foundation but you "can't beat facts." And "facts" show that a good share of the Nebraska losses this year, both basketball and other sports, have occurred during the second half.

Against Pittsburgh, Nebraska was in the lead with four minutes to play. The Panthers nosed them out by one point in the dying seconds of the game.

Maybe it is hard luck to lose games by such a close margin. But Lady Luck can hardly be blamed for these losses when the Huskers "go to pieces" in the final moments of each game. Something is wrong.

WITH the passing of the high school basketball tournament from Lincoln to Hastings, John Bentley has taken the attitude that the tournament was awarded to the highest bidder and he seems to have hit the nail square on the head.

The old style of tournament as it was held several years ago with nine thousand kids in colored sweaters running around the campus—was one of the best things ever put over in this state.

High school players in the small towns over the country worked all year with this state tournament as their goal. They planned on the three or four days they would get to spend in Lincoln and saved their nickels and dimes for this big event.

AND it cannot be denied that while these high school athletes were around Nebraska they were infused with the spirit to pursue a little higher education. Many of them—who had never thought of going to school before—changed their plans and went on to a university or college at the conclusion of their high school career.

Maybe they will become interested in the same manner if the tournament is held at Hastings or any other town in the state. But it is hardly likely that Hastings or any other town in Nebraska can offer the background for such an event as could be offered here at the University of Nebraska.

MAYBE it is true that such a huge tournament is hard on the high school teams and taxes their strength. This can be admitted. But the fact remains that it is one big lark for the men who get to come down and play and an event they remember all of their lives.

Talk to any high school graduate who competed in such a state tournament or track meet and see what he tells you. Every one of them consider these few days as one of the high spots of their high school career.

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## INTRAMURAL SPORTS Basketball

### CLASS B.

Games Scheduled for Tonight.

League I.  
Sigma Phi Epsilon vs. Tau Kappa Epsilon, frosh court, 7:00.  
Sigma Phi Sigma vs. Pi Kappa Alpha, frosh court, 7:20.

League II.  
Lambda Chi Alpha vs. Phi Delta Theta, on stage, 8:20.  
Theta Xi vs. Alpha Gamma Rho, on stage, 8:40.

League III.  
Phi Kappa Psi vs. Sigma Alpha Epsilon, frosh court, 8:20.  
Pi Kappa Phi vs. Delta Sigma Phi, frosh court, 8:40.

League IV.  
Sigma Nu vs. Kappa Sigma, varsity court, 8:20.  
Phi Sigma Kappa vs. Delta Upsilon, varsity court, 8:40.

League V.  
Sigma Chi vs. Farm House, on stage, 7:00.  
Delta Tau Delta vs. Zeta Beta Tau, on stage, 7:20.  
Alpha Sigma Phi vs. Beta Theta Pi, varsity court, 7:20.

Professional Fraternities.  
Phi Alpha Delta vs. Omega Beta Pi, under stage, 7:00.  
Delta Sigma Delta vs. Alpha Chi Sigma, under stage, 7:20.  
Delta Theta Phi vs. Xi Psi Phi, varsity court, 7:00.

## Prominent Chemists Call Vitamines Ignition Sparks of the Body Engine

STILLWATER, Okl.—"Just what are vitamins?" food specialists are often asked. "Are they really so important?" is another common question.

Seeking an answer for these two queries, a reporter asked them of Ruth St. Julian, agricultural chemist at the Oklahoma A. and M. college. Her reply to the "what are vitamins?" question was similar to the one given to the inquiry, "What is electricity?"

Even those who know the most about electricity do not know exactly what it is. Their answers are given in terms of what it does.

Electricity is a force which runs our fans, heats our toasters, lights our lights and ignites the gasoline vapor in the cylinders of our automobiles. And vitamins are certain substances which promote growth and prevent diseases in the human body.

Like Spark In Car.  
Chemists sometimes call vitamins the ignition sparks of the body engine, because they are small and weak by themselves but set in motion much larger forces.

As to the importance of vitamins, everyone who has ever felt sorry for a rickety baby knows the answer, for rickets is due to absence of one of the vitamins from the baby's diet.

The letters used whenever vitamins are discussed do not "stand for something" in the way that an initial stands for a name. They are merely handy labels. The first vitamin discovered was labelled "A." Then another was discovered and it was called "B" and so on.

Varied Diet Necessity.  
For persons in normal health the labels of the various vitamins are relatively unimportant. The only necessity for health is enough of each, and they may be secured by eating a varied diet which includes milk, eggs, meat, fresh fruit, and vegetables.

The case of a rickety baby, or someone ill with pellagra, is something else again—a something else that calls for the attention of a physician.

Six vitamins are well established, and investigators believe they have found two more. The known vitamins are A, B, C, D, E and G. The old vitamin B did not conform very well to this scheme, however, for after it was first discovered and labelled it was found to be made up of at least two factors, so it is now called vitamin B complex.

"Vitamin A, the first to be discovered, is known as fat-soluble A, or the anti-infective vitamin." Mrs. St. Julian says in listing six from A to G. "Vitamin A is essential for growth, for well being at all ages, and for successful reproduction." A deficient supply of vitamin A leads to a weakening of the body tissue and increased susceptibility to bacterial infection, particularly of the mucous membranes.

Vitamin A in the diet finds its richest source in milk and dairy products, eggs, liver, and leafy vegetables.

The vitamin B complex formerly was known as water-soluble B. Since it has been shown to be made up of at least two independent vitamins, one of the two portions is called vitamin B, the other is still called vitamin B.

Rice Hulls Source.  
The B portion of the vitamin B complex prevents beriberi, a disease common in the Orient. It was found that when the natives ate unpolished brown rice they were not subject to the disease, but that

tirely lacking in vitamin C. Mrs. St. Julian says, children become irritable and lacking in stamina, do not grow normally, and are less resistant to infectious diseases. Shortage of Vitamin C is thought to be an important factor in the prevalence of tooth decay and much of the so called rheumatism in children and adults.

Fruits Best Source.  
Especially good sources of Vitamin C are lemons, oranges, limes, grapefruit, raw cabbage and turnips, and tomatoes raw, cooked or canned.

The capacity of the body to store Vitamin C is very limited and under certain conditions this vitamin is easily destroyed. Therefore, Mrs. St. Julian points out, the diet for all ages and particularly for children should include an abundance of foods containing Vitamin C.

Vitamin D is a substance which controls bone development, and its absence from the diet is the cause of rickets in children. It also prevents decay of the teeth and is essential for growth.

Violet Rays Effect.  
This vitamin is the only one identified with a definite chemical compound. The compound is known as ergosterol, and is present in various food materials and in the human skin. When ergosterol is subjected to ultra-violet rays it becomes a powerful antirachitic agent, that is, a preventive of rickets. Irradiated ergosterol is now used for the prevention of rickets, and the favorable effect of ultra-violet irradiation or exposure to the sun is believed to be due to the formation of vitamin D from the ergosterol in the skin.

Cod liver oil is the richest source of vitamin D. Liver and egg yolk are probably the best dietary sources of this vitamin. Milk and dairy products contain it in small but appreciable amounts.

Vitamin E, the antisterility vitamin which is essential for reproduction, is present in vegetable oils. The oil of wheat embryo is one of the richest sources, and lettuce is another good source. Milk and butter fat contain it in small amounts.

Nearer to World Peace.  
Worcester Telegram: In time of peace, prepare against war! Such is the modern slogan of those who, like Arthur Henderson, British foreign secretary, seek while yet there is time to organize the nations of the earth in defense of civilization. Henderson's message to the world by radio, moreover, places a high value on the efforts put forth during this year toward the organization of peace. He lists succinctly the important steps taken and looks for definite action within a year in the way of world accord on disarmament.

Competition in armament between this country and Great Britain is ended, as Henderson believes, for all time. With Japan the United States has a firm understanding that will hold to a safe ratio. The three greatest maritime powers will build no more capital ships. The Balkan conference in October eased tension at the point of origin of many bitter conflicts. The eleventh assembly of the League of Nations brought nearer the long desired world conference for restriction of warlike preparations that is counted on to prepare a treaty on general disarmament. The round table conference at London has exceeded expectations, thus far, in seeking a way of stabilizing peace in India. All these accomplishments and undertakings trend toward a spirit of peace.

But more than that is necessary if peacetime preparation against war is to be thoro and effective. Indeed the best insurance of peace is to be found in indirect rather than direct measures. We must look beneath the surface signs of danger. Below all is the menace of economic conflict.

If our experience of the year will but open our eyes to this menace and teach us to act accordingly, then the greatest single threat to world peace—over-nationalistic trade rivalry—will be successfully met.

Mrs. Rohwer Visits Campus.  
Mrs. Rohwer of the board of education of Fort Calhoun was a visitor at the Teachers' college Wednesday.

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