

HIGH SCHOOL GYM PROGRAM

Physical Education Instructor Says Adolescent Girls Need Three Hours of Exercise Every Day

The following article was written as one in a series by members of the girls' physical education faculty at New Trier Township High school, under the direction of Miss Iris Boulton, head of the department. The series has been planned to explain to the public the extensive gymnasium program, both voluntary and mandatory, which has been adopted by the school. The articles are illustrated with groups of action photographs, several of which appear elsewhere in this issue.

By Miss Jane Adair,

Instructor in Physical Education

The best physiologists of today believe that every girl of high school age who is in good health needs from two to three hours a day of vigorous exercise of the large muscles of the body in order to insure the best physiological growth and development of the individual.

In the crowded curricular program of the student, only two periods each week are allotted to physical education activities. In order to meet the physiological need of the student, the department of physical education has supplemented its regular curricular program with a variety of voluntary sporting activities which are offered to the students every afternoon after school and are purely recreational in character.

A faculty member is always present at every activity to give instruction in the sport, render first aid in emergencies (which rarely occur), and to assist the students wherever she can in the actual running of the program.

Student Officials

The organization of these activities is a project of the Girls' Athletic association with the cooperation of the student umpires and members of the physical education staff. At the beginning of the season, there are a few practice sessions which are followed by intramural games between adviser rooms or chosen teams within a class.

Any girl in the high school may play on one of these teams with the exception of those whose activity has been limited in some way by the school or family physician. At the end of each quarter, class teams are chosen and interclass games are played between the first and second teams of each class.

The choosing of these teams is purposely delayed until the last week of the sport so that the majority of girls will have an equal opportunity to be coached and to participate as those who are first and second team material.

Students who are unable to participate in the more vigorous intramural activities because of some physical or physiological defect are encouraged to participate in those activities within the program which demand less expenditure of energy.

Better Facilities

New Trier offers a more varied program and has better facilities than the majority of schools and colleges in the country. It is hoped that by offering a wide range of activities that each girl will find some sport in which she is interested and may become proficient.

Among the numerous activities which your daughter may enter are: Fall: field hockey, horseback riding, soccer, swimming, tennis.

Mid-season: basketball, dodgeball, fistball, modern dance, swimming, volleyball.

Winter: badminton, basketball, deck tennis, modern dance, rifle shooting, shuffleboard, table tennis, tap dancing.

Spring: archery, baseball, golf,

horseback riding, lacrosse, life-saving, tennis.

500 Every Week

There are approximately 500 girls participating in these after school sports each week. By so doing, these students are not only benefitting themselves physically but they are forming new social contacts and are gaining experience in leadership and sportsmanship.

The remaining 600 girls in the school may be supplementing their two hours of regular physical education activity each week with the adequate vigorous exercise which is needed to build and maintain good mental and physical health and growth but it is doubtful if all of them are securing at least three hours of stimulating body activity each day. Is your daughter taking advantage of the opportunities that are opened to her?

"March of Time" Next Museum Lecture Theme

"Nature's 'March of Time'" is the subject of the tour at Field Museum of Natural History Sunday, January 2, to be conducted by P. G. Dallwig, the layman lecturer. The museum visitors participating will hear the story of a span of about six hundred million years of life, from the earliest fishes, reptiles, and mammals to the beginning of the era of man.

The lecture will be illustrated by exhibits of fossil specimens and restorations of prehistoric animals displayed in Ernest R. Graham Hall of Historical Geology. Because it is necessary to limit the size of lecture-tour parties, those desiring to join must register at the museum entrance. Only adults can be accommodated. Advance reservations may be made by telephone. There is no charge either for admission to the museum on Sunday, or for the tour.

Daily guide-lecture tours conducted by members of the museum staff, will begin Monday, January 3, at 3 p.m. with "Plants and Animals of Long Ago." On other days next week at the same hour subjects will be: Tuesday, "The Systematic Collection of Animals of the World"; Wednesday: "Races of Mankind"; Thursday, a general tour of anthropological, botanical, geological and zoological exhibits; and Friday, "Earth Forces and Their Work." These tours are open to all museum visitors. Parties assemble inside the north entrance.

ON FURLOUGH

Albert B. Swanson, a non-commissioned officer on the S. S. Canopus, submarine tender in the United States fleet in Asiatic waters, is visiting his sister, Miss Doris Swanson, 1434 Maple avenue, while on a month's furlough. Mr. Swanson saw five years service in China and the nearby area, and was a witness to recent destruction of Shanghai.

Mr. and Mrs. Eugene F. Tinker of 403 Washington avenue returned home from Louisville, Ky., Monday evening, with their daughter, Dorothy, and their two sons, Norman and Robert. They spent Christmas in Louisville with Dr. U. S. Brown and Mr. and Mrs. G. W. Fossell, the children's grandfather and uncle and aunt.

Mr. and Mrs. Robert McNeil Burns, II, returned to their home in Evanston Tuesday after being with the latter's parents, Mr. and Mrs. R. C. Allen of Hudson, Ohio, for Christmas.



C.O.D. Orders Solicited
Charge Accounts Invited
Free Delivery to All Parts of the North Shore
1143 Wilmette Avenue
Telephones
Wilmette

5160-5161-5162-5163-5164

GREETINGS—PALACE FOODS wishes to sincerely extend to each and all the wish that your New Year may be a most happy and prosperous one.

HAMS

Choice of Swift's Premium
Cudahy's - Peacock's
Armour's Star
The country's finest.
13 to 15 lb. avg.
lb. **24½c**

PORK LOIN ROAST

Cut from tender, young corn-fed porkers. A deliciously tender, juicy roast that will taste almost like chicken. Always a favorite sliced cold. 2½ to 3 lb. avg. lb.
Any size cut, lb. **24c**

SPICED HAM

Peacock Sherry flavor spiced ham, freshly sliced, lb. **45c**
17½c

PALACE QUALITY STEAKS

The finest of Prime Beef. Thoroughly aged. Wonderfully luscious served sizzling hot.

Sirloin Steak. Cut to order **39c**

Round Steak. Cut to order **29c**

Porterhouse Steak. Cut to order **45c**

Swiss Steak. Cut to order **29c**

POT ROAST

Prime chuck beef. Juicy, tender, savory. All selected cuts, lb. **24c**

RIB ROAST of BEEF

The finest of thoroughly aged prime beef. The very tops in a savory roast. 6th and 7th ribs standing, lb. **25c**
First 5 ribs, lb. **35c**

RIB ROAST of BEEF BONELESS ROLLED

The finest of prime beef. Fully aged. So tender, juicy and succulent it will melt in your mouth. ALL SELECTED CUTS, lb. **39c**

GENUINE SPRING LAMB. Finest quality. 8 to 9 lb. avg., lb. **24c**

BABY LEG of LAMB. 5 to 6 lb. avg. (free jar mint jelly), lb. **29c**

HAPPY NEW YEAR BEVERAGES

PARK AVE. CLUB SPARKLING BEVERAGES

Ginger Ale, Dry or Golden - Lime

Rickey - Sparkling Water -

Root Beer

3 large bottles **25c**

Dozen **95c**

Plus Deposit

COFFEE

HILLS BROS.

2 -lb. tins **51c**

SUGAR

C&H Pure Cane

10-lb. bag **55c**

Town Crier FLOUR

5-lb. sack **23c**

24-lb. bag **89c**

SPRY

All Vegetable Shortening

3-lb. tin **59c**

Lb. tin **21c**

QUALITY JUICES

Grapefruit Juice

Sundine

3 tins **29c**

6 tins **55c**

Orange Juice

Sundine

3 tins **39c**

6 tins **75c**

Apricot Nectar

3 tins **35c**

6 tins **65c**

Prune Juice

Sun-sweet

Qt. bottle **23c**

3 for **65c**

Sauerkraut Juice

Monarch

No. 2½ tin **18c**

3 for **49c**

Tomato Juice

Brown's Fancy

3 No. 1 tins **25c**

6 for **45c**

Tomato Juice

Crosse & Blackwell's

No. 5 tin **27c**

3 for **79c**

IF YOU ARE A LOVER OF FINE CHEESE . . .

by all means visit this well-stocked department for here you will find cheeses from all over the world.

Another Mammoth Herkimer is being cut—aged to a real snap, it is one of the outstanding delicacies of the year. Be sure to order yours early as there is only 500 lbs. to be sold.

N. Y. STATE HERKIMER COUNTY, per lb. **45c**

FDAMS — From Holland. Jolly Red Cannon Balls. They lend rare charm and a festive appearance to the party table or buffet lunch.

Baby size. About 14 ozs., each **39c**

Medium size. About 2 lbs., each **85c**

Large size. About 4 lbs., each **\$1.49**

PHILADELPHIA. Practically indispensable where parties are concerned **3 pkgs. 25c**

FANCY SWISS. Large eye, whole-some, nut-like flavor. By the piece or sliced, lb. **39c**

NUT MEATS

Fresh Cracked

New Nuts

Pecan Halves

½-lb. bag **29c**

Walnut Halves

½-lb. bag **33c**

Almond, Whole

½-lb. bag **35c**

Black Walnuts

½-lb. bag **23c**

Cordial RED CHERRIES

5-oz. bottles **29c**

APPLE JUICE

THOMAS S. SMITH

Not a Cider

Qt. bottle **35c**

Pint bottle **19c**

ORANGES. Florida seedless. Sweet and juicy . . . 5 doz. **\$1**
LIMES. Extra fancy. Very juicy . . . doz. **19c**
LEMONS. California Sunkist . . . doz. **33c**
GRAPEFRUIT. Texas seedless . . . 5 for **29c**
APPLES. Jonathan. Firm, crisp and juicy . . . 4 lbs. **25c**
CALA VO PEARLS. California. Ripe, ready to use . . . each **19c**
TANGERINES. Large size. Fine flavor . . . doz. **19c**
CELERY HEARTS. Tender, crisp, well bleached . . . 2 bunches **23c**
BRUSSELS SPROUTS. Fancy, firm, green heads . . . qt. box **17c**
POTATOES. Fancy boiling or Idaho bakers . . . 10 lbs. **29c**
TOMATOES. Red, ripe and firm. For slicing . . . basket **35c**