

FRESH AIR IS BEST MEDICINE IS CLAIM

State Medical Society Urges Against Over-Heating of Houses in Winter

In spite of the growing tendency of the modern American to spend more and more time out of doors during the summer and early fall months, the average individual rushes indoors with the first drop of the thermometer, shuts the doors, slams down the windows, stokes the furnace, and starts a six or seven-month grind of breathing excessively dry, over-heated air, says the Educational committee of the Illinois State Medical society.

Fresh Air Cheap Medicine

Fresh air is the cheapest and perhaps the most beneficial of all medicines and every hour spent out of doors is health giving. During the season of the year when daily occupation and attendance at school deprive the adult and the child of many hours of outdoor air during the day their loss may be offset by sleeping out of doors at night.

The poets sing of the wonders of night in the open and the pleasures of outdoor sleeping. Those pleasures need not be confined to the poet or the camper but may be experienced by the dweller in the small town with a minimum of inconvenience and preparation, since there is hardly a house in the village or small city which has not some sort of porch that can be adapted by a curtain or awning to the requirements of a sleeping porch. In a large city where buildings are close together and open spaces few and far between, the problem is more difficult but not without solution. Any sort of balcony may be transformed into sleeping quarters with a little ingenuity and sometimes even a fire-escape can be adapted to outdoor sleeping without risk or inconvenience to other dwellers in the building. There are a number of makes of window tents and detachable balcony on the market which may be adjusted to the window of a city apartment.

Open the Windows

If it is impossible to arrange any sort of outdoor sleeping space, most of the benefits that come from sleeping outdoors may still be secured by turning off the heat in the bedroom and opening wide all the windows so that fresh night air may swoop in. The chief value of outdoor sleeping is fresh, moving air. It is not necessary to undergo discomfort; it is not necessary to shiver; it is not necessary to sleep in a draft. These facts the tuberculosis patient learned years ago and it is largely owing to the demands of such patients for comfortable mattresses, blankets, hoods and sleeping bags that all sorts of devices have been perfected by which one may sleep outdoors in the coldest weather not only without discomfort, but with the greatest pleasure.

If one has always slept indoors, the change to outdoors sleeping should not be made abruptly during cold weather. Such an individual would do well to have the family doctor check up his resistive powers by a thorough examination before making the change.

EARL GOSSWILLER WINS PLANE CONTEST

With a greater number of points to his credit than anyone else participating in the model airplane contest in the high school auditorium Monday, Earl Gosswiller won the grand prize of a ride in a Curtis "Robin" offered by Hunters Sport shop. Approximately fifty students attended the contest, which was sponsored by the Shoreline.

There were a number of planes entered in each of the five divisions of the contest. The divisions were (1) R.O.G. (Rise Off Ground), (2) Endurance tractor, (3) Pusher type, (4) Commercial model, (5) Freak.

Ribbons were offered by the Shoreline for the first three places in each of the five divisions. In addition, Hunters Sport shop offered three medals for the first three places in the R. O. G. division and a ride in a Curtis "Robin" for the person winning the greatest number of points in the entire contest.

Earl Gosswiller won first place in the R.O.G. division, Hubert Lidicker, second, and Edward Hargrave, third.

Earl Gosswiller won first place in the Endurance tractor division, Hubert Lidicker, second, Edward Hargrave, third.

James Cuffey won first place in the Pusher division, Earl Gosswiller, second, and Hubert Lidicker, third.

Edward Hargrave won first in the Freak division, Hubert Lidicker, sec-

ond, and James Cuffey, third. Earl Gosswiller won first in the Commercial division and Hubert Lidicker, second.

The judges of the contest were Mr. Einbecker, Mr. Nelson, and Mr. Peers. Each used a stop watch in order that any records that might be broken would be official.

It is possible that the winners will fly their places in the assembly on Friday.

A New York dancer sues a theater for \$100,000 damages claiming she was severely burned when her dancing costume caught fire. We haven't seen a dancing costume for several years, the burning of which would scorch anybody.

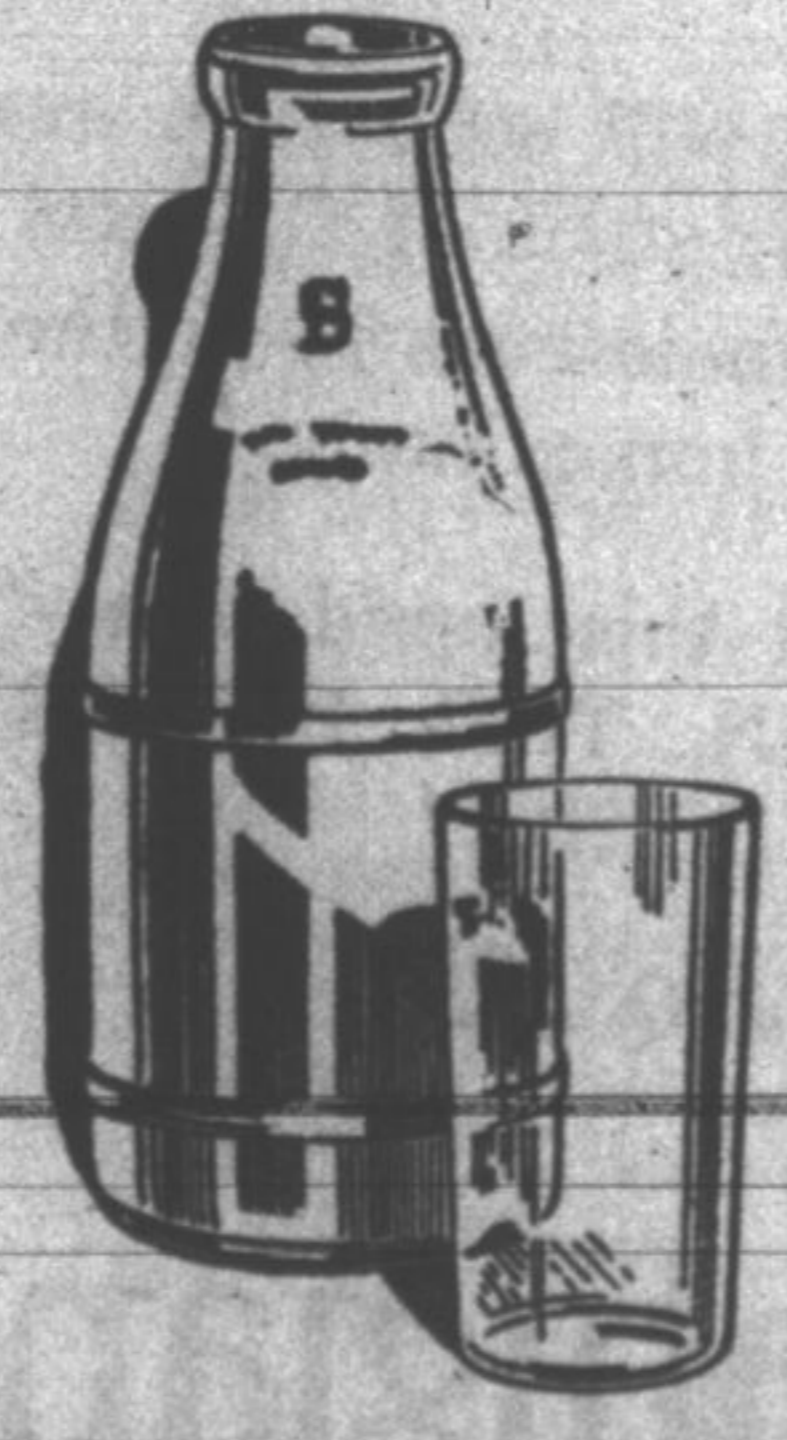


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