

COACH PEEL WRITES ON SWIMMING TOPIC

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in their class instruction and team practice.

The wide difference of opinion concerning the proper method of starting and training beginners is fast closing in as experience brings out the facts. Speed records are broken day after day because more and more people are making a profound study of the art and developing new and better methods. The standard of all swimming will be higher as the standard of competitive swimming improves and to raise the standard of swimming we must have correctness in our strokes.

We need fundamentals; we need a working basis; we need to know what the principles of correctness consist of. By a profound study of swimming in search of fundamentals we can find a basis for judging the difficulty of any strokes that are hard to learn until after the simple strokes have been mastered. The judgment of good performance in speed strokes is necessarily the record time over a given distance but we must also realize that there are distance strokes which are judged for good performance by distance-per-stroke and not by speed.

Six Factors

Six factors enter into one group to make a swimming stroke, namely, two arms, two legs, and the inhaling and exhaling of the breath. The timing of these six parts, to get them to work together in the proper co-ordination, gives us the mechanics of the stroke. In direct proportion to the simplicity which we find in the necessary operation of these six parts, we arrive at the degree of difficulty experienced by the beginner in mastering the process. This gives us a basis for classifying the mechanics of swimming so that any given stroke can be torn down into its several parts. The reverse of this process, building a stroke up out of its different parts, gives us the successive steps needed in instructions.

Swimmers with long legs and swimmers with short legs develop a difference in style due to their differences in build and the same applies to other differences in build. The fundamentals, however, remain the same and the swimmer who tests his style by the principles laid down will develop a feeling of duty that will impel him to scorn wrong swimming. He will understand what is wrong and what is right and why. Then many of the errors that are now dying hard will quickly pass away and an impetus will be given to swimming which will bring it to its proper place.

Just three more weeks before the swimming pool at the high school will close for the summer. Three weeks is just enough time for a beginner to learn to swim correctly. The pool is opened daily from 9 o'clock in the morning until 3 o'clock in the afternoon. Many children have taken advantage of the opportunity to learn swimming this summer. The water in the pool is chlorinated, filtered and recirculated and kept at all times in ideal condition.

Things To Cook

One of the most refreshing foods we can serve is a salad and this is something that should be included in our menu for every day. Among the delicious molded salads is one which is made of pineapple and celery, with a little pimento and green pepper added for color and flavor:

Pineapple and Celery Salad

1 tablespoon plain gelatine.
2 tablespoons pineapple juice.
4 tablespoons orange juice.
2 tablespoons cold water.
1 cup boiling water.
1½ tablespoons lemon juice.
¼ cup sugar.
1 cup pineapple cut in cubes.
1 cup celery cut in cubes.
3 tablespoons pimento cut fine.
3 tablespoons green pepper cut fine.
Soak gelatine five minutes in cold water and fruit juices, add boiling water and stir until dissolved. Add sugar and lemon juice and cool, chill in refrigerator. When it begins to thicken add pineapple, celery, pimento and green pepper.

Place in wet individual molds and set in refrigerator to thicken. Turn out on bed of lettuce or endive and serve with mayonnaise mixed with whipped cream, with a dash of paprika on the dressing. This is attractive molded in individual ring molds, when turned out and the dressing heaped up in the center of ring.

As an accompaniment to a salad, in place of wafers or rolls or whatever you have been accustomed to serving, I would suggest the following recipe for Cheese Bars.

This is another variation of the baking powder biscuit foundation recipe, from which so many delicious biscuits and breads, as well as desserts, may be planned.

Cheese Bars

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
½ teaspoon cayenne pepper
2 tablespoons shortening
2 eggs well beaten, reserving 2 tablespoons for the top
¾ cup milk
1 cup strong American cheese cut in dice.

Sift flour, baking powder, salt and cayenne, mix in the shortening, add beaten egg (being careful to reserve 2 tablespoons for the top), add milk and cheese.

Spread in a well-greased shallow pan, about 9x9 or 8x10 being very good. To the two tablespoons of the beaten egg add ½ teaspoon paprika and spread over the top.

Bake about 30 minutes at 400. Cut the loaf in half through the middle, then cut each half in strips. This is much better if a strong cheese is used, and the cheese will remain in the little cubes or when baked. A little more salt is used than in the usual biscuit, as this gives the bars a better flavor.

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