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BE GRACEFUL IS ADVICE

Be graceful in spite of yourself and don't despair if you walk awkwardly. Miss Lucille Marsh, dance critic, tells Girl Scouts and all others interested in acquiring the beauty and grace of dancers that this fault and others are easily corrected.

Miss Marsh reveals the secrets of the experts in her article, "If You Want to Be Graceful," which appears in the September issue of The American Girl, a magazine for all girls, published by the Girl Scouts.

Believing that really beautiful bodies are rare, she encourages young people to train themselves in the rudiments of exercise that will gradually correct the faults of their bodies.

"It is especially easy," she says, "to follow the practices of the dancers to acquire the lovely arms and hands of Ruth St. Denis, the beautiful sloping shoulders of Gambarelli, or the exquisitely arched instep of a Carola Goya."

Miss Marsh explains that a finger exercise of opening and closing the hands, slowly at first and then more quickly, advocated by Miss St. Denis, renders the hands supple and flexible. Gambarelli practices pulling her shoulder blades together and down, at the same time raising her arms forward and sideward. Miss Marsh emphasizes that persistence at this exercise, though it is muscle pulling at its worst, is the secret of Gambarelli's sloping shoulders and flat back.

"English folk dancing," Miss Marsh continues, "gives the dancer springiness and lightness on her feet, because it develops natural, easy, and free movements. The Spanish dance steps encourage dignity of carriage, beautiful hips, and splendid control of the slow langorous movements. The vivacious tap dance is good exercise for feet and ankles, and develops remarkable speed and agility of foot movemnt."

A dancer and dance critics heself, Miss Marsh recommends participation in these exercises and dances as the means of acquiring the qualities you lack to be a graceful individual, or for correcting the faulty ones you do have.

TROOP TWO

Troop No. 2 will meet in the scout room of Elm Place school on each Tuesday afternoon right after school. Miss Elizabeth Flinn will be in charge as captain.

TROOPS THREE AND FOUR

Troops 3 and 4 will meet as they did last year in the auditorium of Lincoln school. Troop No. 3 meeting in the evening from 7 o'clock to 8:30; Troop No. 4 meeting in the afternoons from 3:30 until 5:00 o'clock. Mrs. James Collins will be in charge of Troop No. 3 and Mrs. Joel Starrels has charge of No. 4.

All girls ten years old or over are privileged to joing any Girl Scout Troop.

TROOP FIVE

Troop No. 5, meeting in the auditorium of Ravinia school on Monday afternoons right after school, will be in charge of Mrs. Bernard E. Newman with Miss Helena Stockwell as her lieutenant.

TROOP SIX

Troop No. 6 will have its first meeting on Friday afternoon of this week at the Braeside school and will be under the direction of Mrs. A. B. Cook with Mrs. Howard Copp assisting for the first meeting.

HIGH SCHOOL TROOP

Miss Elizabeth Flinn and Miss Mary Lou McClernan will be in charge of the high school troop this year. A notice will be posted in the high school as to the time and place of meeting. Watch for this notice, goils!

SWIMMING

Swimming started again last Saturday morning in the high school tank for the Girl Scouts. Competent life guards are in attendance. Time: 11:15 until 12:00 o'clock each Saturday morning.

STATEMENTS IN SUPPORT OF CHARACTER-BUILDING AGENCIES

President Herbert Hoovert—"It is most important at this time that the activities of all of our characer-building agencies should be maintained.

"One of our tasks this winter is to see that our great benevolent agencies for character-building, for hospitalization, for care of children and all their vast number of agencies of voluntary solicitude for the less fortunate, are maintained in full strength."

Governor Franklin D. Roosevelt—"I want to project a plea on behalf of all character-building and social service agencies during this difficult period. These agencies reflect an important phase of our recent progress. Never before in our history was a social service agency so urgently needed as now."

NEW TRIER COUNCIL HEARS NATIONAL PRESIDENT

Mrs. Frederick Edey, national president of the Girl Scouts, will be with the New Trier council on Oct. 18, for a luncheon meeting at the Shawnee Country club.

Mrs. Edey, who was recently re-elected president of the national organization for a third term, has long been associated with Girl Scouting and has served in many official capacities. She has been a member of the executive committee and of the national board of directors since 1919. As chairman of the field committee, which became the field division in 1930 when the present development plan was inaugurated, Mrs. Edey spent the greater part of her time traveling about the country, keeping in close touch with troops and their leaders. She has continued her field work since she became presiden, and has a practical knowledge of what the Girl Scout program means to the 300,000 members of the organization.

The New Trier Girl Scouts wish to invite any one interested in Girl Scouting to attend the luncheon. Reservations may be made with the following people: Mrs. Elbert Clark, Tel. Winnetka 1679; Mrs. Ralph Moulsing, tel. Wilmette 2163; Mrs. Robert Clark, Tel. Highland Park 1824; Mrs. Albert Goodnow, tel. Glencoe 431; and Miss Elizabeth Grobben, Tel. Winnetka 3147.

TRAINING COURSE

An introductory training course, covering the aims and principles of Girl Scouting is being given on Monday mornings, at 10 a.m. at Christ church parish house in Winnetka. This course is open to anyone on the north shore interested in scouting.

TOADSTOOL CLUB

The first meeting of the Toadstool club will be held on Friday, Oct. 7, at 10 a.m. at Christ church parish house, Winnetka. This meeting is for all Brownie leaders and their assistants, and it is hoped that all will be present for the election of officers of this club.

ORGY OF GORGEOUS CLOTHES SHOWS CONSTANCE BENNETT MOR EXOTIC THAN EVER

Constance Bennett sets a new standard in feminine wearing apparel both on and off the screen in her latest Warner Bros.' production, "Two Against the World," which will be shown at the Deerpath theatre, Sunday and Monday, Oct. 9-10.

She has twenty two complete changes in gowns in this picture, including all accessories, such as purses, parasols, stockings and lingerie. The gowns are the latest creations of the modistes' art from the Paris, New York and the smart Hollywood shops. There are evening gowns, street and sports wear, in fact everything that a wealthy society girl, which character she represents, would wear.

The murder trial is said to be one of the most sensational scenes ever shown on the screen, the girl's statement of guilt being made before the man she loves, who acts as the prossecutor. The tension is said to be terrific with Miss Bennett rising to her supreme emotional role with a fine sense of the dramatic.

She is supported by a cast of well known players, which includes Neil Hamilton, Helen Vinson, Gavin Gordon, Allen Vincent, Walter Walker, Roscoe Karns, Alan Mowbray, and Hale Hamilton.

It is now possible to insure the lenses in your glasses, Hattstrom & Sanders 391 Central avenue Highland Park, are the exclusive agents for a company which insures them for one year periods at a nominal cost.

This insurance covers accidental breakage of lenses and when the breakage occurs the lens or lenses are replaced with out charge to the policy holder. The policy is a simple one and may be obtained without the usual red tape connected with other kinds of insurance. In the few months that Hattstrom & Sanders have offered this policy a number of people have taken it and have found it the ideal way of dealing with the problem of broken lenses.

For the person who wears rimless glasses this type of insurance is especially interesting and is an opportunity which should not be passed by.

Girl Reserve News

PARTIES THIS WEEK

The Girl Reserves are starting out on a week of parties and reorganization meetings held at the YWCA and we wish to remind all the girls of Highland Park schools that the Girl Reserve organization is open to all girls, having for its purpose the development of body, mind, and spirit by a program of work and recreation.

BLUE TRIANGLE

The Blue Triangle Girl Reserves met at the "Y" Monday night for a peanut party. About forty girls were present and had a hilarious time playing games and running races. The prize for the afternoon went to Barbara Garst of Lincoln school.

MAKIO AND MAKIOLETS

The Girl Reserves of Oak Terrace school, Highwood, have also been making plans for this year. The Makios had a "guess what" party at the "Y" Wednesday, which was well attended and enjoyed by those who came.

The Makiolets of Highwood are having their party tonight at the "Y." It is still a mystery as to just what kind of a party it will be, but it promises a good time to all.

RINKEYDINKS

The Rinkeydinks are a group of girls who were all loyal Girl Reserves last year and are now in high school. They are having a party at the "Y" Friday night at 7:30 to get together for the first time this year and decide whether they will organize a new club. Miss Ethel Skidmore, their last year's adviser, will be in charge of the group on Friday night.

ADVISERS' DINNER

On Monday night at six o'clock the old and new advisers of the local Girl Reserves held their first monthly dinner at the "Y." The purpose of this meeting was to get acquainted, to discuss the place of Girl Reserves in the community, and to make definite plans for the next month's programs.

The dinner was attended by the following people: Mrs. Lydia Hutton, Mrs. McManus, Mrs. Dobbins, Mrs. O'Flaherty, the Misses Miller, Card, Ablard, Newton, Jensen, Skidmore, Siljestrom, Dickerson, and Mrs. Stryker, chairman of the Girl Reserve committee of the YWCA.

Another advantage which the horse had over the modern automobile is that you didn't have to fill him with anti-freeze solution every fall.

FIRE CHIEF URGES PREVENTION CARE

(Continued from page 5)

were only 24 fires in public buildings last year out of 242.

Urges Careful Inspection

"In times of economic stress when improvements are largely deferred pending 'better times' fire hazards are increased. I would recommend that every home in our city be inspected by the head of the family during the next week; going from attic to cellar, cleaning out accumulations of paper, rubbish, old paint cans, old mattresses and all such inflamable material that has outlived its usefulness. It is surprising how much accumulation is stored in attics and cellars," Fire Chief Hoskin declared.

"With winter near the fire hazard is doubled as the heating plants are put in operation. Furnace pipes are allowed to rust out and if pipes are not renewed, sparks fall on inflamable material and fire will result.

"Oil burner equipment should be inspected to see that all parts are in order, that all connections are tight; see that the furnace doors and cracks are made tight so as to remove the chance of sparks falling on inflamable material and causing fire.

"For those who are in a position to make repairs on furnaces, chimneys, smoke pipes and oil burners where fire hazards exist it would be the means of stimulating employment as well as safeguarding their homes," he concluded.

Fourth Anniversary

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For serving Deerfield and Highland Park Quality Meats

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THURSDAY - FRIDAY - SATURDAY

Prime Rib Roast Beef, lb. 25c

ROASTING CHICKENS Fresh Dressed, lb.	23½c	HILL'S BROS COFFEE 2 lbs.	69c
DUCKS Fresh Dressed, lb.	23½c	BRICK or AMERICAN CHEESE, lb.	21c
Best LEG OF SPRING LAMB, lb.	23½c	BACON lean, sliced, 3 lbs.	59c
NATIVE POT ROAST lb.	19c	Boneless BAKED HAMS, lb.	31c
Country Style SAUSAGE LINKS, lb.	18c	HALIBUT STEAKS lb.	25c
Boneless SMOKED BUTTS, lb.	21c	OYSTERS Selects, quart	70c

Specials for Mon., Tues., and Wed., Oct. 10, 11, and 12

NEW KRAUT bulk, quart	9c	LEAN MEATY LAMB SHOULDER Sliced or for Stew lb.	19c
MEATY SPARERIBS lb.	9c		
STAR FRANKFURTS lb.	19c	CORN BEEF Boneless, lb.	18c

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