

FOOD WILL WIN
THE WAR
GROW IT!

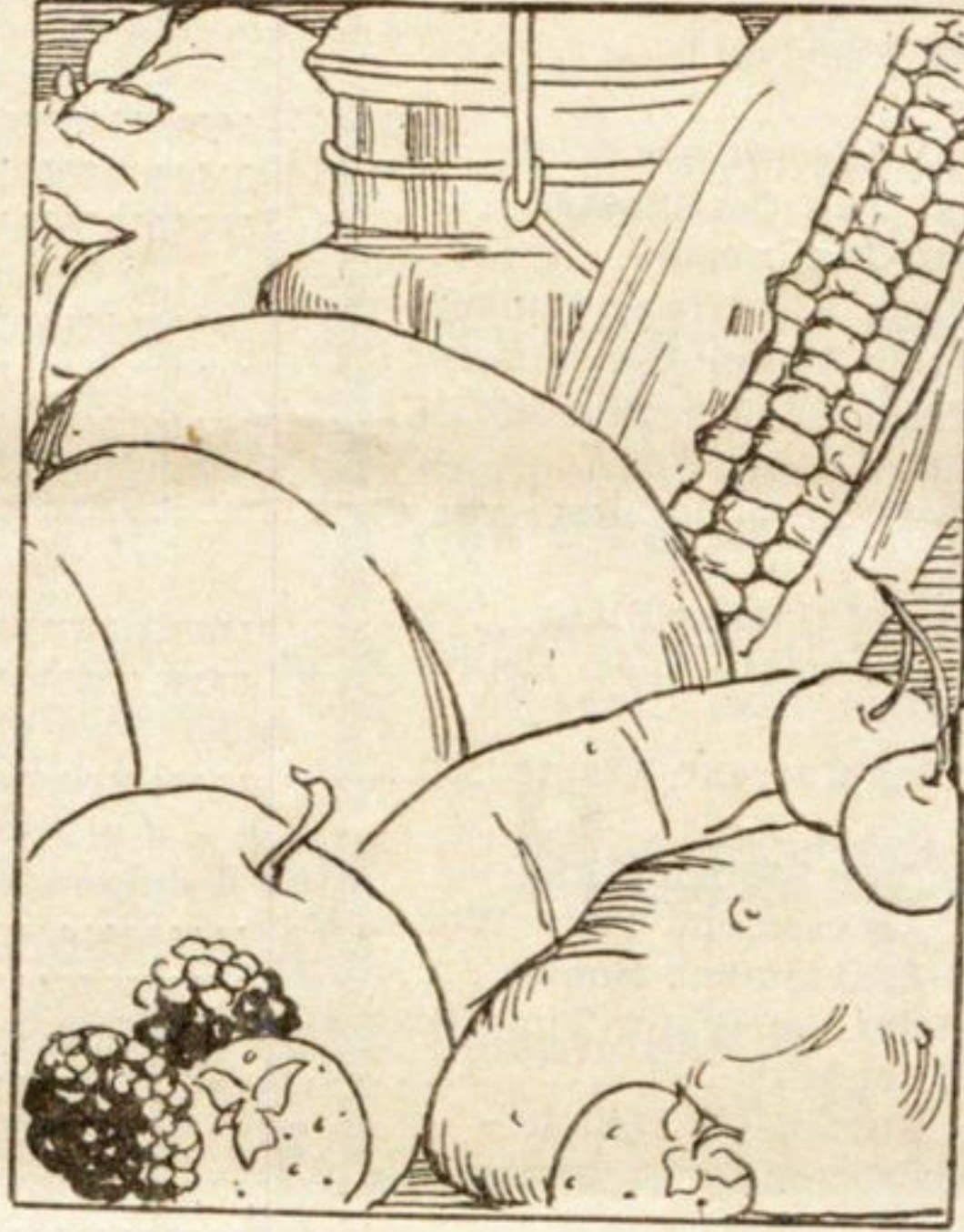
HELP

FOOD WILL WIN
THE WAR
SAVE IT!

SAVE YOUR COUNTRY



By Raising
and Saving
All the Food
Possible



To help in this patriotic work, we
have arranged to hold in
Our Store, and

The Women of Evanston Are Invited to Attend

**A Series of Demonstrations
and Lectures**

*By United States Food Administration Experts and the State Council
of Defense Garden Director*

- on the Cold Pack Canning Process
- on Wheat and Meat Substitutes
- on Planting and Care of War Gardens

During Week Beginning Saturday, June 8

Miss Mildred Taber and Miss Winifred Philleo, Canning Experts, Experienced Dietitians and Trained Food Demonstrators, will have charge of the Demonstrations and Lectures on Canning and Wheat and Meat Substitutes. They will illustrate and explain each step of the Cold Pack Canning Process by actually canning vegetables and fruits. The making of breads from substitute flours will be demonstrated and instructions given as to the most successful methods of handling the substitute flours. Grain substitute dishes for meat will also be made and demonstrated. Copies of the recipes used will be given to those who attend the demonstrations.

Mr. J. H. Prost, Garden Director of the State Council of Defense, will have charge of the Garden Lectures and Instructions, and will furnish speakers who can give expert advice on the care of gardens for the best results

Saturday, June 8

- 2 to 3 p. m. Garden Lecture.
- 3 to 5 p. m. Canning Demonstration.
Rhubarb, Strawberries, Asparagus.
- 7 to 9 p. m. Canning Demonstration.
Rhubarb, Pineapple, Asparagus.

Tuesday, June 11

- 2 to 3 p. m. Garden Lecture.
- 3 to 5 p. m. Wheat Substitutes.
Corn and Corn Flour
Rice and Rice Flour
- 7 to 9 p. m. Meat Substitutes.
Beans and Peanuts
Potato and Potato Flour

Saturday, June 15

- 2 to 3 p. m. Garden Lecture.
- 3 to 5 p. m. Canning Demonstration.
Spinach, Strawberries, Asparagus
- 7 to 9 p. m. Canning Demonstration.
Carrots, Pineapple, Asparagus

Garden Seeds
FREE
at the
Garden
Exhibit
(Main Floor)

Rosenberg's
EVANSTON

Garden Book
FREE
at the
Garden
Exhibit
(Main Floor)

**LEARN TO SWIM IN
NEW TRIER "TANK"**

Summer Exercises and Play Schedule
at High School to open on Mon-
day, June 17

REPAIR ATHLETIC PLANT

Instructors Are Ready to Teach
Residents of North Shore

The annual summer schedule of swimming classes and playground activities at New Trier High school will start June 17. The entire physical department equipment is being overhauled and repaired. The "best yet" exercises and play schedule of activities are being planned for the summer.

Naturally, swimming is the most popular of summer sports and no better of safer place may be found to indulge in this pastime than at your local high school with splendidly equipped, tempered and supervised baths and swimming pool.

Most Healthful Sport

Swimming, besides being a pleasurable pastime, is a most valuable means of keeping fit through the summer. Many teachers of physical training have noted the splendid effect on the large groups of muscles of the arms and legs and back. Psychologists tell us that swimming affects character by developing courage, self-reliance, and preparedness. Physiologists speak of the very beneficial effect upon the nervous and circulatory systems when the body is immersed in cool water. These are convincing proofs that the art of swimming is a worth while accomplishment without mentioning that a swimmer upon occasion may save his or her life or be able to save the life of another.

The people of the community, both young and old, should plan to visit New Trier Natatorium and Playground this summer. Classes will be arranged to suit the needs of each boy and girl, man or woman. Tennis athletics, gymnastics, playground games and out-of-door activities of various kinds will be conducted in connection, with the Natatorium schedule.

Further information regarding the schedule of classes, rates, etc., may be had by phoning Mr. Jackson, Winnetka 588.

**J. H. "DAD" ELLIOTT
CHURCH UNION SPEAKER**

An unusually fine service will be held by the Church Union next Sunday evening at 8 o'clock. J. H. Elliott, commonly known in university circles and in army camps as "Dad" Elliott, will be the speaker.

Mr. Elliott has given most of his time recently to the C. M. C. A. camps in the Army and Navy. He was selected from a large number of Y. M. C. A. men as a special evangelist to the men in camp. He has held some remarkable meetings among the men. He is wanted in all the camps because of his fitting and timely messages. His coming to Wilmette will afford a rare opportunity to hear a message right from the heart of the teeming camps—especially the moral and religious phase of it. There will be special music. The service will be held at the Methodist church.

Protect Army Stores from Insects

Millions of dollars worth of food and clothing intended for use overseas and stored in the Government warehouse at the Bush Terminals, New York, will be protected from damage by insects through arrangements whereby the War Department will use the knowledge on stored-product insects in the possession of the Department of Agriculture. The stored supplies originated in all parts of the world and are likely to contain insects that will multiply and cause great damage in storage, particularly during the summer. To search out and treat infestations in the early stages may save millions of dollars. Dr. E. A. Back of the Bureau of Entomology has been placed in charge of the work, in co-operation with the War Department.

Seek Missing Man

Eim H. Heller, 149 Prairie avenue, has been missing since last Saturday and police, at the request of the man's wife have instituted a search. Chicago and Evanston police have received detailed descriptions of Heller and it is expected he will be located within a few days. He was described as 43 years of age, 5 feet, 9 inches tall, and weighing 140 pounds. He was last seen in Evanston Saturday evening.