

CANOEISTS SHOULD BE SWIMMERS, IS ADVICE

Coach Tom Robinson Tells How Drownings Occur and Sounds Timely Warning

BY TOM ROBINSON
Swimming Coach at N. W. U.

Do you go fishing or boating? If you do either you should be able to swim at least twenty-five yards. Do you know that 75 per cent of all those who drown each year actually go down within twenty-five yards of safety?

There are many ways in which people can get into trouble in or near the water. Some walk out on piers, stub their toes on a spike or board and fall into deep water. Some stand on a pier and unthinking, step backward and off into the water.

Sometimes a good swimmer will dive off a pier into shallow water and hit bottom with disastrous results. There were several cases of this nature in Evanston last year. Many have fallen in while sitting on the pier fishing. On a real hot day with the sun beating down they sometimes grow dizzy and lose their balance. There are many other ways in which a person may find himself in the water and if he is unable to swim is in a dangerous situation.

Generally speaking it is dangerous to go into the lake when there is a strong northeast or southeast wind. In the first instance there will be an undertow running south along the shore and in the second, a strong current south.

If you can't swim and are wading it is best to keep your hands under water. Then if you fall into a hole you will not fall as fast as if your hands were in the air.

When a person is drowning he usually holds his arms above his head and waves them around frantically trying to attract attention. The added weight above the head, however, keeps the head under water. If a drowning person made half the effort under as he usually makes above, he would actually stay on top. It is a well known fact that every downward movement of the arms helps to suppress the mind enough to take a port the body.

In 99 cases out of 100 if one had deep breath at the start and swim to shallow water, he could wade ashore. Or by pushing from the bottom, he could come to the top often enough to get a deep breath when he needed it. I know of a case of this kind where the person came up at least ten times before he was rescued.

Early Days of Mail Carrying.

Royal Mail vans, the driving of which is now intrusted to women chauffeurs, originated in the mail-coaches which were instituted in 1784 by Mr. John Palmer, M. P., for Bath, and manager of the Bath theater. He had to overcome strenuous opposition before he could induce Mr. Pitt to supersede Allen's system of postboys, whose contract rate of speed was five miles an hour.—London Times.

Thought Some Overlooked.

A party of friends was gathered New Year's day. After the wine had been passed around there were two glasses left on the tray untouched. Just as we were about to drink my brother-in-law said, "Well, folks, here's to happy days." His little daughter, who had been watching the whole performance, pointed to the glasses on the tray and said, "Daddy, whose happy days are these?"—Chicago Tribune.

Famous Greta Green.

Greta Green is a village of Dumfries, a border county of Scotland and near the border line between Scotland and England. Formerly a common resort of runaway couples from England, the practice was broken up by an act of 1856, which provided that no marriage should be valid in Scotland unless one of the parties had lived in Scotland for the 21 days next preceding the marriage, or had his or her usual residence there at the time.

Wanted Joy Distributed.

Marion was given a beautiful ring Christmas eve. She was overjoyed, but changed it from one finger to the other all evening. No one noticed it that evening, but she kept it up the next morning. Her mother, fearing Marion would lose the ring, said: "Why don't you put your ring on one finger and keep it there, Marion?" "Well, I don't like to be mean. When I keep it on one finger I pity the others."

Motorist's Resentment.

"Have you studied economy in the home?" "Yes," replied Mr. Chuggins. "I'm tired of paying out all this money to keep up a cooking range, instead of spending it for gasoline."

HOW THEY SUCCEEDED

The Experience of a Colony of Community Builders.

By EDGAR TAYLOR WHEELOCK.

(Copyright, 1921, American Press League.) About a quarter of a century ago a colony of Polish settlers whose financial resources were extremely limited contracted to purchase a large tract of cutover land in northern Wisconsin. The price to be paid for the land ranged from \$12 to \$20 an acre and, although the value of the forest products remaining on the land was considerable, there was not an acre that could be cultivated until a clearing had been made.

The colonists were poor people; none of them had enough money to make full payment for his land; they lacked teams, farm machinery, live stock and implements. Not having funds with which to buy lumber, they put up log and pole shelters and covered them with boughs to keep off the rain.

Looked Like a Desperate Venture. Predictions were freely made by many persons—the theory that they were acquainted with all of the facts relating to the resources of the colonists—that the experiment would prove a failure and the settlers would be starved out.

But there were resources available which the prophets of disaster had not taken into account and which proved to be the deciding factors in the battle for success. Industry, Thrift and Courage won the day.

In less than fifteen years this settlement became noted for its prosperity. Good, substantial houses and barns, fine teams, dairy cows and modern farm implements and machinery furnished all the evidence required to prove that the experiment in home-building was all that could be desired.

Built a \$42,000 Church.

In the meantime they had built a church near the center of the community which was reported to have cost \$42,000.

But each individual colonist was working for a prize—a home and land that would support his family in comfort and pass as an estate to his heirs. This was an old world notion which had its origin in a country where the winning of a permanent home was a dream seldom realized by the poor classes. To gain this prize they were willing to work hard, practice strict economy, save the pennies and get rich slowly.

They Are No Longer Poor.

This is a case where an entire community, the members of which were educated in the habits of Thrift in the old world, furnished an object lesson to their neighbors. None of these colonists was a "Spender," a "Good Fellow," or an "Easy Mark," but they can now buy anything they need, and pay for it.

Daily Thought.

Life is not made out of money, and friendship, and talents, and patronage, and family influences, and good chances, and good positions, and good health, and good nature; it is made out of faith, virtue, knowledge, temperance, patience, godliness and brotherly kindness and love.—Ininger.

Not a home in this city but has its quota of discarded furniture, rugs, stoves perhaps, a wheelbarrow maybe.

A few cents for a want ad and some one who needs the very article that lies rotting in your garret will call and pay you for it.

You are better off—new owner is pleased—and the article itself is contributing to the reduction of the high cost of living.

Summer Swim Classes Start In N. T. Tank

New Trier High School Swimming Instructor Jackson Ready to Teach Everyone How to Swim

"On Monday, June 20, the New Trier High School Swimming Tank was opened for the summer season with one object in view, TO TEACH SWIMMING. The exercise, instruction, and the place are the best obtainable, the fees are small, and the knowledge that the pupils will soon be able to take care of themselves in the water at any time, is priceless."

The above is a statement issued by swimming instructor Jackson of New Trier High School who is in charge of the summer school in swimming open to all children and adults in the township.

Schedule of classes. Following is the schedule of classes:

- 8:00 a. m. Boy swimmers who pass test. Each day except Saturday.
- 8:50 a. m. Girl swimmers who pass test. Each day except Saturday.
- 9:40 a. m. Boy non-swimmers (12 to 15 years.) Monday, Wednesday and Friday. (Under 12 years) Monday, Tuesday and Thursday.
- 10:30 a. m. Girl non-swimmers (12



You can know when your car comes here for storage; it will be well watched and taken care of.

HOSTETTER'S GARAGE

Day and Night Service

806 Oak Street Phone Winnetka 188

to 15 years) Monday, Wednesday and Friday. (Under 12 years.) Monday, Tuesday and Thursday.

11:20 a. m. Lady swimmers, Monday, Wednesday and Friday. Non-swimmers, Monday, Tuesday and Thursday.

Family night: Wednesday 8 P. M. For adults only.

For information regarding fees, etc. telephone Winnetka 4 or 588.

BUILDING PERMITS

Building permits issued this week by the Winnetka Department of Public Works included grants to M. D. Richards, 806 Rosewood avenue, \$225 garage; George Barberry, 752 Center street, \$1,200 addition to residence; W. F. Benoist, 351 Linden avenue, \$460 garage; A. F. Simpson, 506 Provident avenue, \$1,000 addition to residence.

Exide BATTERIES

Why We Sell Exide Batteries

Sound business reasons, every one of them.

1. The first commercially successful starting and lighting battery was built by The Electric Storage Battery Company.
2. The Electric Storage Battery Company is the oldest and largest manufacturer of storage batteries in the world.
3. Exide Service means a definite battery service—repairs, overhauling and attention by a group of battery experts.
4. We can sell an Exide Battery, secure in the belief that you will get all the battery value possible and more than you ordinarily would get.

No matter what make of battery you have now in your car, if it needs attention, we shall be glad to give it expert, unprejudiced attention so that it will last as long as possible until you are ready to replace it with an Exide, the long-life battery.

Winnetka Exide Battery Service Station
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South Water Fruit Market

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Big Sale on all kinds of Fruits and HOME GROWN VEGETABLES

This is the season of the year when green things are the best.

Green Peas 15c lb. 2 lbs. for 25c	String and Wax Beans 2 qts. for 25c	Fresh Spinnach 19c pk.	Home Grown Asparagus 10c bunch
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THE VERY FRESHEST VEGETABLES



- New Potatoes 45c pk.
- Head Lettuce 10c, 15c, 30c head
- Beets and Carrots 2 bunches 15c
- Fresh Tomatoes 20c lb.
- Home Grown Celery 10c stalk; 2 for 25c
- Green Peppers 3 for 10c
- Egg Plant 15c, 20c
- Parsley, Green Onions, New Cabbage
- Dry Onions and Rhubarb Low Price

THE VERY FINEST FRUITS

- Sweet Cherries, large size 35c lb.
- Blue Goose Cantaloupes 10c up
- Blue Goose Sweet Oranges . 30c, 40c, 50c, 60c
- Lemons 39c doz.
- Fresh Apricots 25c doz.
- Large Plums 25c doz.
- Peaches 25c bskt.
- Sour Cherries 28c bskt.

- Bananas 30c doz. up
- Red Raspberries, Black Raspberries, Red Raspberries, Blueberries, Strawberries Low Price

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