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 acttually 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 int oa 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 know fact that every downward movement of the arms helps to suppresence of 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 res-

Early Days of Mail Carrying.

cued.

Royal Mail vans, the driving of which is now intrusted to women chauffeurs, originated in the mailcoaches 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, formance, pointed to the glasses on the tray and said, "Daddy, whose hapby days are these?"-Ch' ago Tribune.

Famous Gretna Green.

Gretna Green is a village of Dumfries, a border county of Scotland and near the border line between Scotland barrow maybe. and England. Formerly a common resort of runaway couples from England, A few cents for a 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 ceding 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, and pay you for it. but changed it from one finger to the 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 oth-

Motorist's Resentment. "Have you studied economy in the of living. 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 Summer Swim Classes

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 ranged from \$12 to \$20 an acre and, siderable, there was not an acre that the water at any time, is priceless." could be cultivated until a clearing had been made.

lacked teams, farm machinery, live ship. stock and implements. Not having Schedule of classes. funds with which to buy lumber, they put up log and pole shelters and cov- es: ered them with boughs to keep off the

Looked Like a Desperate Venture. Predictions were fiely made by many persons-on 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 homebuilding 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 .o 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.

Dally 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.-Inninger.

who had been watching the whole per- Not a home in this city but has its quota of discarded furniture, rugs, stoves perhaps, a wheel

want ad and some one Scotland for the 21 days next pre- who needs the very article that lies rotting in your garret will call

other all evening. No one noticed it You are better off new owner is pleasedand the article itself is contributing to the reduction of the high cost

Start In N. T. Tank day, Tuesday and Thursday.

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 of cutover land in northern Wisconsin. SWIMMING. The exercise, instruc-The price to be paid for the land tion, and the place are the best obtainable, the fees are small, and the although the value of the forest prod- knowledge that the pupils will soon ucts remaining on the land was con- be able to take care of themselves in

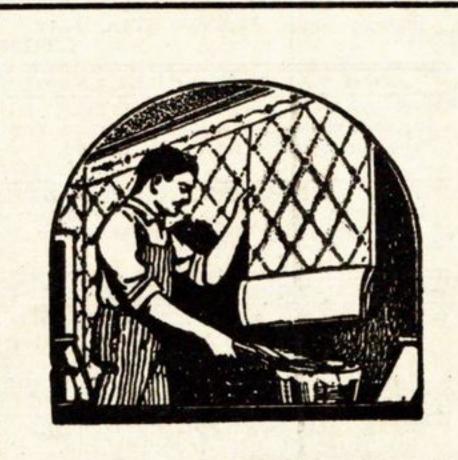
The above is a statement issued by swimming instructor Jackson of New The colonists were poor people; Trier High School who is in charge of none of them had enough money to the summer school in swimming open make full payment for his land; they to all children and adults in the town-

Fillowing is the schedule of class-

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



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HOSTETTER'S GARAGE

Day and Night Service

Phone Winnetka 188 806 Oak Street

to 15 years) Monday, Wednesday and Friday. (Under 12 years.) Mon-

11:20 a. m. Lady swimmers, Monswimmers, Monday, Tuesday and Thursday.

For adults only.

telephone Winnetka 4 or 588.

BUILDING PERMITS

Building permits issued this week by the Winnetka Department of Public Works included grants to M. D. day, Wednesday and Friday. Non- Richards. 806 Rosewood avenue, \$225 garage; George Barberry, 752 Center street, \$1,200 addition to residence; Family night: Wednesday 8 P. M. W. F. Benoist, 351 Linden avenue, \$460 garage; A. F. Simpson, 506 Provi-For information regarding fees, etc. dent avenue, \$1,000 addition to residence.

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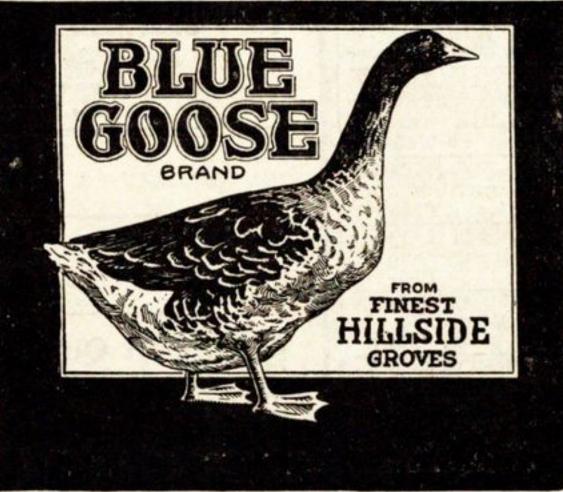
2 lbs. for 25c

Green Peas 15c lb. String and Wax Beans 2 qts. for 25c

Fresh Spinnach 19c pk.

Home Grown Asparagus 10c bunch

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Red Raspberries, Black Raspberries,

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Blue Goose Sweet Oranges 30c, 40c, 50c, 60
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Peaches
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Beets and Carrots 2 bunches 15c

Home Grown Celery 10c stalk; 2 for 25c

Green Peppers 3 for 10c

Dry Onions and Rhubarb Low Price

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Parsley, Green Onions, New Cabbage

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