

## RED CROSS TEACHES FOLKS HOW TO EAT

**Better Food Habits to be Brought to Attention of Mothers and Children; Teach With Games and Stories**

Progressive Cook county schools are lining up for the nutrition work as planned by Miss Louise J. Robertson, Director of the Nutrition Department, Chicago Chapter, American Red Cross.

An instructor is supplied free of expense to the schools, and classes from the kindergarten to the mothers (inclusive) are taught the information of right food habits.

"Everybody eats, and comparatively few cook," said Miss Robertson, "so we plan to train the eaters."

If our life is made up of 90% of habits, the boy who is early taught the value of fresh vegetables and fruits will not be satisfied with a meat and starch diet; and the girl will not serve potatoes, macaroni and corn-starch pudding at the same meal.

In the lower grades there are health games and jolly songs, and if you go by the schools of Argo, Summit, South Berwyn, Melrose Park, and hear something which reminds you of an approaching army, don't be frightened, for you will find that it is only a class singing to the tune of "Morning Mr. Zip-zip-zip."

"Good morning little Vit-vit-vit, In our milk, eggs and butter fine, Good evening little Vit-vit-vit, Our good friends Vitamine. Long cooked oatmeal and raisins sweet, And many other good things that healthy children eat, Good morning little Vit-vit-vit, In our milk and eggs, our vegetables green, Our butter sweet, the vitamine."

### N. U. SWIM SCHEDULE

Swimming Coach Tom Robinson of Northwestern University, announces the following swimming schedule for 1921-23: This includes both the practice and conference games: January 10, Chicago A. A. at Evanston; January 18, Great Lakes at Great Lakes; January 21 Milwaukee A. C. at Milwaukee; January 25 Sons of Neptune at Evanston; February 11 Iowa at Evanston; February 15 Chicago at Evanston; February 25 Minnesota at Minneapolis; March 4 Illinois at Urbana; March 11 Wisconsin at Evanston; March 16 and 17 Conference Meet at Chicago.

**FOR QUICK SALES**  
Clear Out The Attic  
With "For Sale" Ads

### JAMES J. CALHOUN MASTER OF GLENCOE MASONIC LODGE

Officers of the Glencoe Masonic lodge, elected Tuesday, December 13, are to be formally installed as follows Tuesday evening, December 20, at the Masonic temple.

Worshipful Master—James J. Calhoun.

Senior Warden—E. Harry Keene. Junior Warden—George I. Hicks. Secretary—Robert R. Johnson. Treasurer—Markham B. Orde. Officers and directors of the Corn Exchange Bank of Chicago, with which Mr. Calhoun is affiliated, will attend the ceremonies in a body. They will charter a special car on the Chicago and Northwestern railroad.

### FORESEE RECORD CROWD AT BIG NEW YEAR MASQUERADE

Increasing interest is evident in the forthcoming New Year's Eve Masquerade dance to be held at Community House under auspices of the Young People's club of Winnetka. College students returning home for the holidays are expressing great interest in the event, it is said, and prospects are bright for an evening of great festivity.

Tickets are on sale with members of the club.

Those who plan to attend are requested to be masqued.

### CHILDREN'S CHRISTMAS PARTY

Children of Masonic families in Winnetka and Glencoe were to have the time of their lives today, the occasion being the first annual Children's Christmas party at the Glencoe Masonic Temple. More than 250 kiddies were expected to attend the affair, witness some fine motion pictures, hear stories and play games, and eat ice cream, cakes and candies. Each child was to receive a beautiful gift.

### A REAL FRIEND

If President Harding grants a pardon to ex-Private Thomas G. Jones of the A. E. F., Harry Haley, Canadian who served Jones' sentence for army desertion in Leavenworth prison, will deliver the pardon to his buddy "in the wilds of Canada," according to R. P. Dickerson, Springfield Mo., Haley's benefactor, who has enlisted the aid of the American Legion to obtain executive clemency. Jones is hiding out in Canada, Dickerson has informed the Legion, but Haley will take him and his little family to a "small Canadian town" to his aged mother if the president grants the pardon.

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Our "For Sale" Ads

## Social Happenings

Kleever Klub will hold a party Saturday, December 24, for the young people home from the schools and colleges, and another one on Thursday, December 29, at which time a Cinderella pantomime will be given by the children of Miss Mildred Pierce's dancing class.

Mrs. Frederick P. Bagley, chairman of the Women's Organization, National committee for the Department of Education, who is en route to her home in Boston, from an extended visit in California, is a guest at the home of her sister, Mrs. Stephen A. Foster, 517 Cherry street.

Among the north shore folks who have taken boxes at the Actors Equity Ball with its cabaret and pageant features, to be held at the Congress hotel this evening are Mr. and Mrs. J. Allen Haines, and Mr. and Mrs. Thomas Prindiville.

The Misses Elizabeth Pope, Leonora Dingee, Betty Rice, Gertrude Ingersoll, Dorothy Hess and Ruth Boots have issued invitations for a dancing party to be given at the Winnetka Woman's club on Thursday evening, December 29.

The Misses Elizabeth and Martha Stevens of Kenilworth, have issued invitations for a dancing party to be given at the Kenilworth club on Thursday evening, December 29.

Mrs. William Henry Nicholls, opened her home at 660 Pine street for an informal reception for the teachers of the Winnetka public school, on Wednesday afternoon.

Mrs. Stephen A. Foster entertained a few friends informally at luncheon on Thursday preceding the meeting of the Winnetka Woman's club, in honor of her sister.

The Hawthorne Lane Circle will meet Tuesday at two o'clock in the home of Mrs. Walter F. Bemis, 420 Hawthorn lane. Mrs. William F. Kentnor will be the assisting hostess.

Mr. and Mrs. Lawrence A. Janney, 657 Spruce street, have issued invitations for a dance to be given at the Indian Hill club on Wednesday evening, December 21.

Mrs. Maurice H. Lieber will deliver an address on "Citizenship for Women" before the Princeton Woman's club at Princeton, Ill., on next Monday afternoon.

On Monday evening, Mr. and Mrs. Frank D. Fulton of 545 Lincoln avenue, will entertain at a dancing party at Indian Hill Club in honor of their daughter, Miss Marion Fulton.

Mrs. E. Laurance Bowes of Hubbard Woods entertained at tea on Wednesday afternoon in honor of Mrs. Francis Knight of Evanston.

The Village Dancing club will hold their annual Christmas party at the

Winnetka Woman's club on the evening of December 27.

On Wednesday evening, December 28, the North Shore Dancing party is giving another of their very enjoyable affairs at the Woman's club.

The Suburban Neighborly club will entertain at the Winnetka Woman's club on New Year's Eve.

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